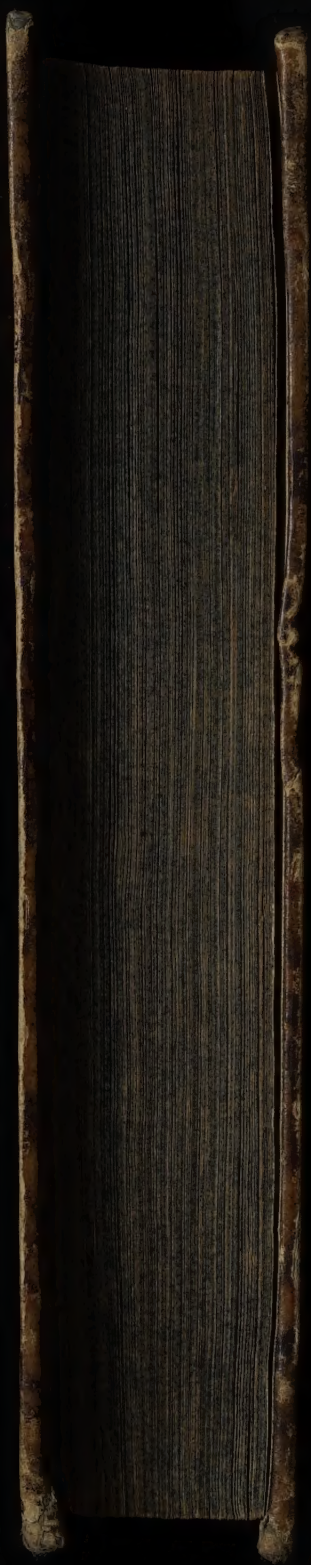




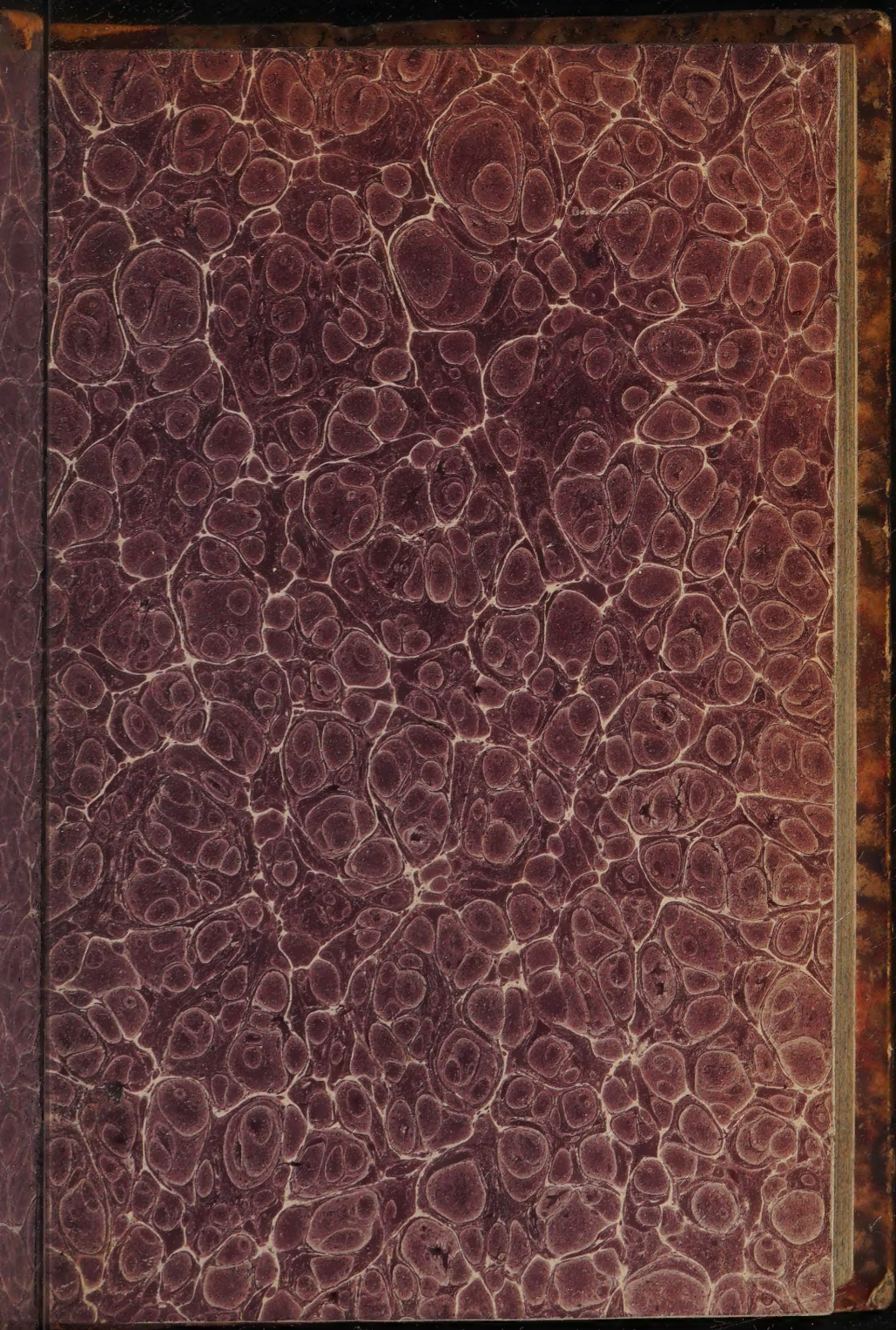
THE
PATH-WAY
TO HEALTH







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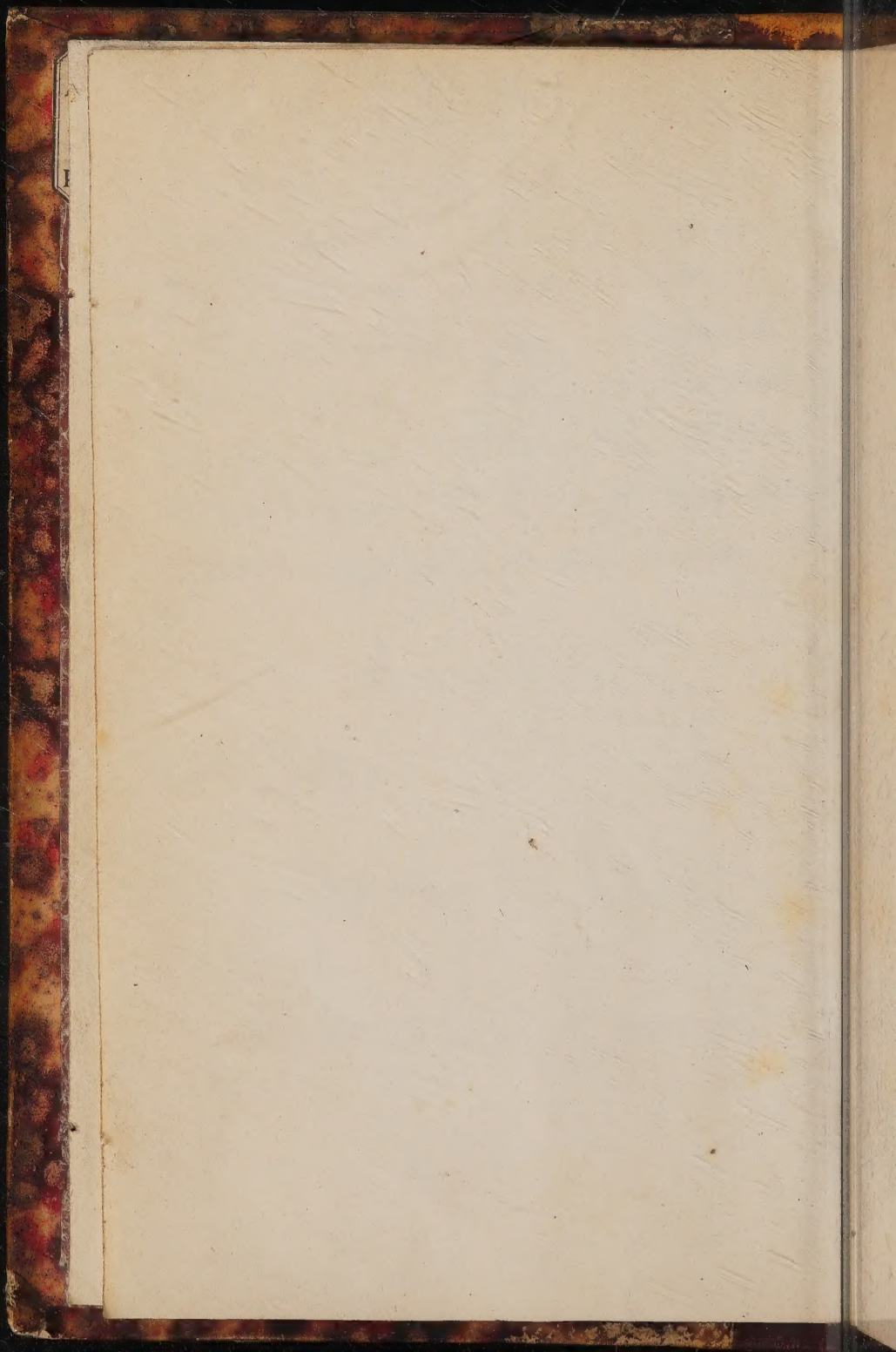
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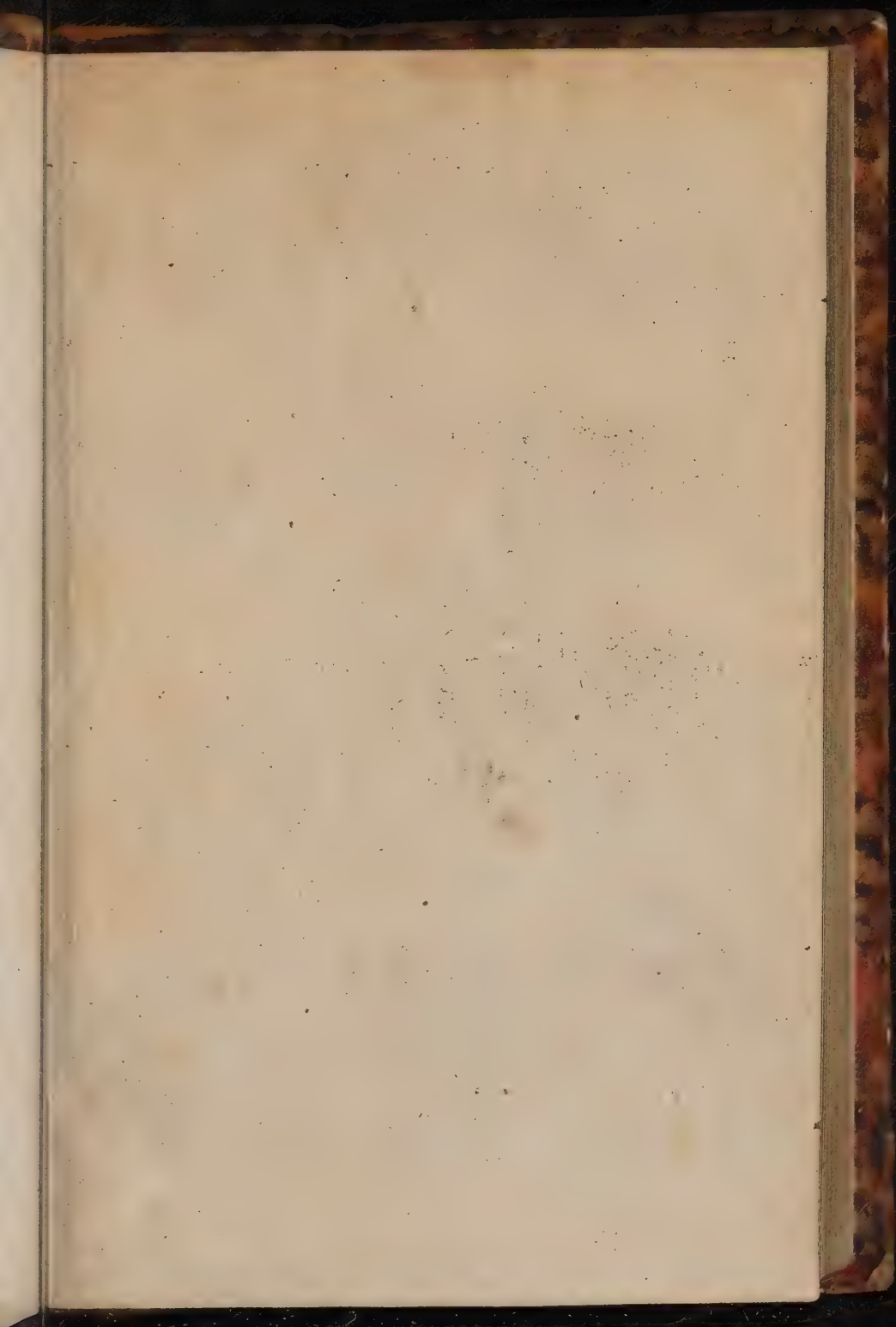
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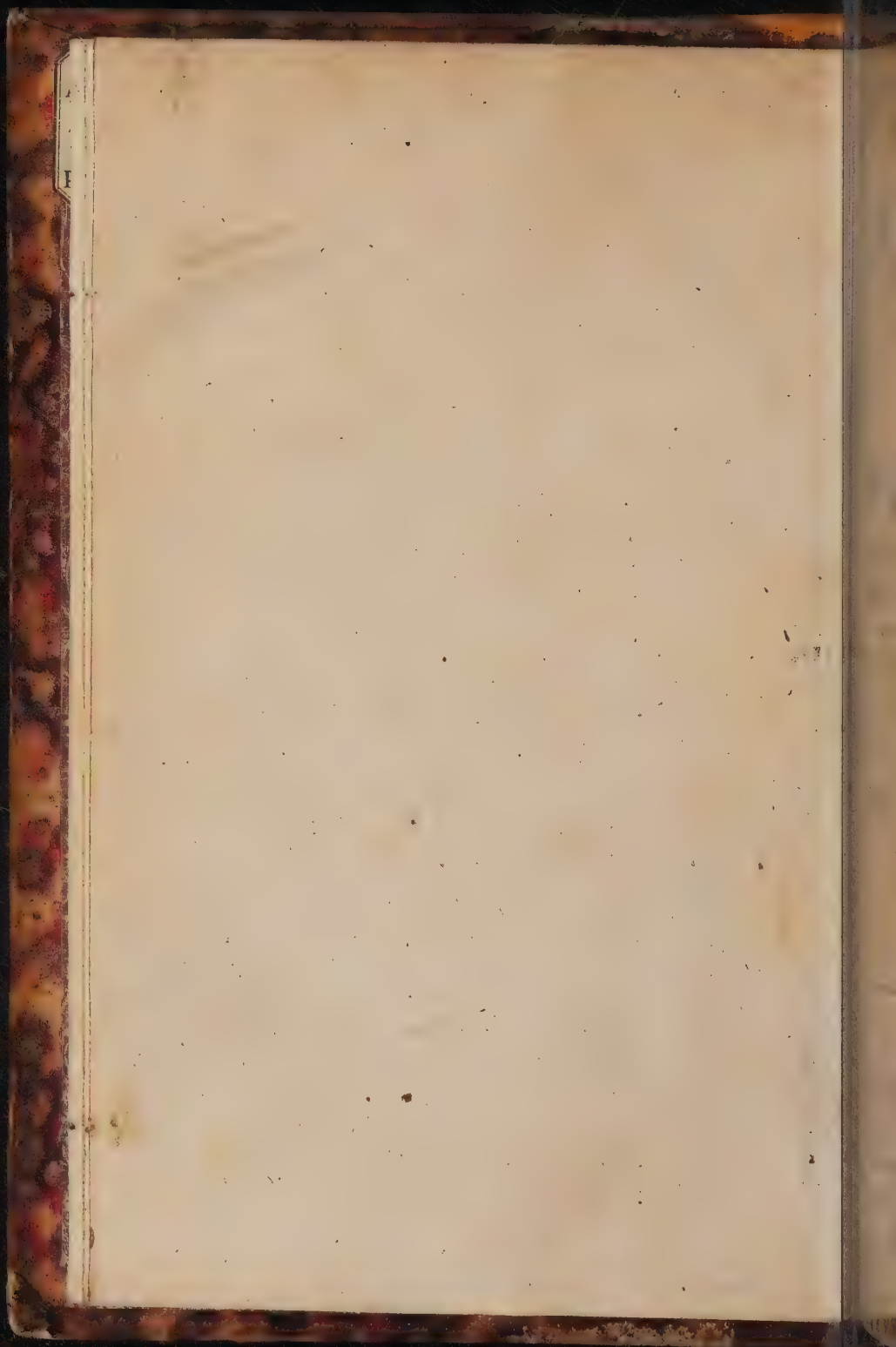
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THE
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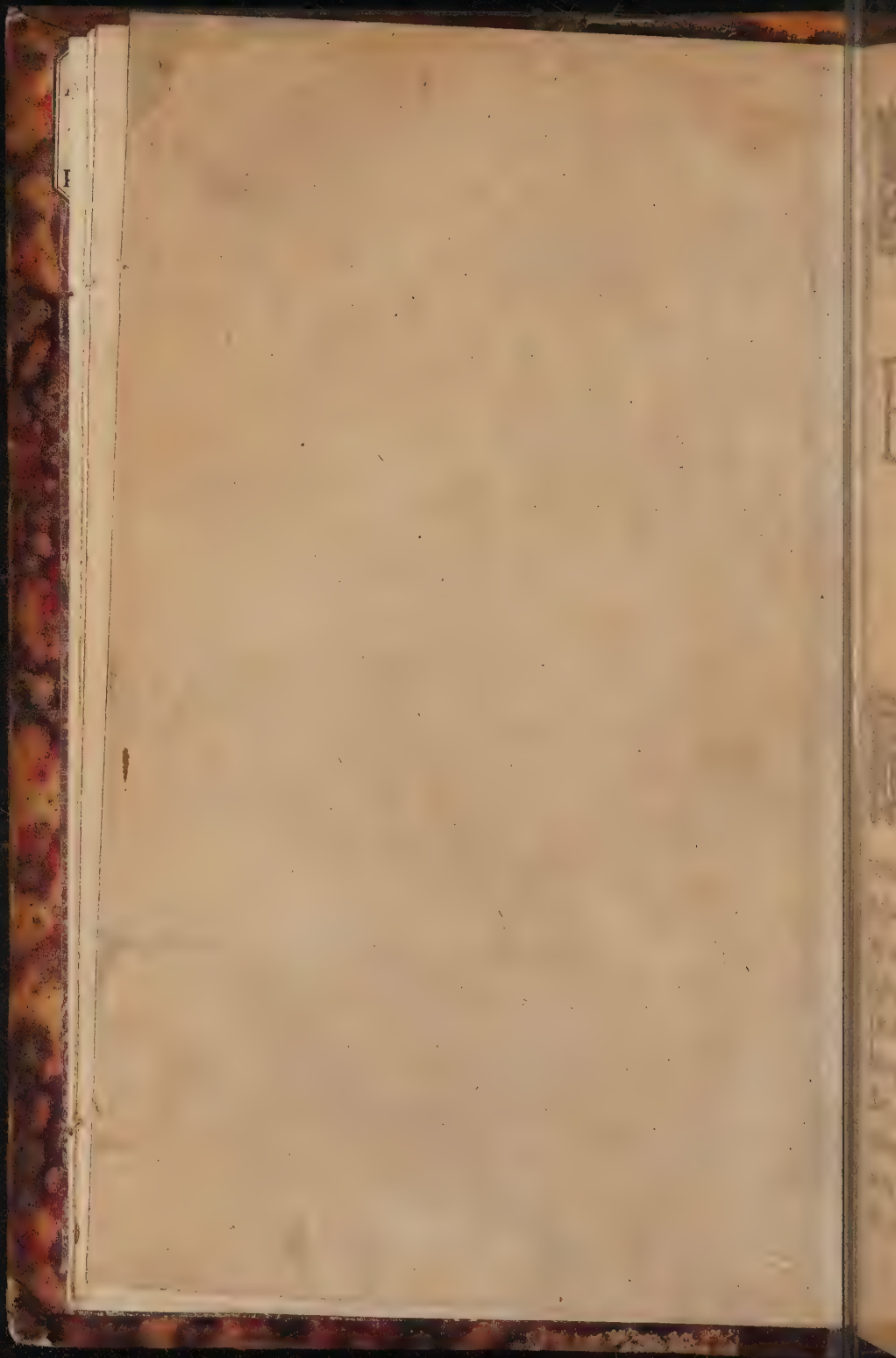
Wherein are to be found most
excellent and approved Medicines of
great vertue, as also notable Potions and Drinks,
with the Art of distilling divers precious Waters;
for making of Oyls, and other comfortable
Receit: for the health of the Body,
never before printed.

First gathered by *Peter Levens*, Master of
Arts in *Oxford*, and Student in Physick and
Chirurgery, and now newly
Corrected and newly
augmented.

ECCLUS. 38. 8 8 8

*Give unto the Physician, that unto him be-
longeth,*

London, Printed for *J. W.* and are to be sold by
John Andrews, dwelling at the White Lion in
the Old Bailey. 1654.





THE
EPISTLE
To the
READER.

IN my opinion gentle Reader (which
also is the saying and writing of all
the Philosophers) those things are
most principal to be taught and main-
tained, which in the Common-wealth are most
profitable and necessary; then may I say without
just cause of reproof, If some think no shame to
displeasure many, for the pleasure of a few, then
I need not to blush, nor fear to profit many, by
hurting of none, by the publishing of this my
Book abroad, not pend without pain, nor drawn
without diligence, nor ended with ease, where-
in are such and so many notable, rare, profita-
ble, and precious things, as never were yet set

The Epistle

forth in any Volume in our English Tongue; nay
divers of them were never heretofore printed.
Although I have given the onset to publish in
our own Natural Tongue this most excellent
work for all Diseases, for the which cause it
should not be the lesse esteemed, although some
more curious than wise, esteem of nothing but
that which is most rare, or in hard or unknown
Languages. Certainly, these kind of People
cannot abide that good and laudable Art
should be common to many, fearing that their
Name and Practise should decay, or at the least
should diminish; the intention truly of such per-
sons seemeth much like them that gape for all,
and would all have, leaving nothing to any bo-
dy, but that which they must needs forgo; con-
sidering that wee are not born for our selves
only, as Plato saith, but for the profit of our
Country.

Surely, if I did not fear to be too long in this
my Preface, I would prove how all Arts and
Sciences may bee published in that Tongue
which is best to be understood, as for example,
Galen the Prince of this Art being a Grecian,
wrote in the Greek; Also King Avicen, hee
wrote in the Arabian speech; also Plinie, Cel-
sus, Serenus, and other of the Latinists, wrote to
the people in the Latine Tongue. Marcillius Fi-
cinus, whom all Writers assent to be singularly
wel



The Path-way to Health.

For all the parts of the Head.

For to make the Haire to grow.



Take a Molwarp, skin and all, and lap it in a clout, and burne it to powder in an earthen pot, then take Does dirt and lap it in a clout, and burne it to powder, and mingle these two powders together with Hony, and annoynt the place where you would have haire to grow. Also take and grind red Onions very small, and annoint the place therewith, and the haire wil grow up quickly.

For to make haire to grow where none is.

Take Hasle nuts with husks and all, and burne them to powder, then take Beech mast, and the leaves of *Enula campana*, and stamp the hearb and the mast together, then seeth them together with Hony, and annoint the place there-with, then strew the powder thereon, this will make haire grow.

But this is Another

Another experiment to make haire grow.

Take Mallows, and seeth them roots and all, and wash the place where the haire wanteth, and it will grow in small time. Take Hony and Bears greace, and mingle them together, and make an oyntment thereof, and annoint the head therewith. Also take a good quantity of Bees, and dry them in a sieve by the fire, and make powder of them, and temper it with oyle Olive, and annoynt the place where the haire should grow.

An experiment for to wash the head.

Take an ounce of Turpentine, and an ounce of white wax, and a pottle of Burgers wine, of *Storax calamintæ* an ounce, and a little Cerus, and Mastick, and so make good strong lye, and put therein those gums, and so wash the head therewithall. Also take the oyle of Tartar and warme it, and annoynt any bald head therewith, and it will restore the haire againe, and that in short space, this hath been proved true.

Another for to wash the head, and to make the haire yellow.

Take the best and the strongest lye that can be made, then take a good handfull of red Fennel, of Margerum as much, of Sage a handfull, Violets as much, of Damask Roses a handfull, of red Roses as much, two Nutmegs, of Cloves and Mace one ounce of each,

The Path-way to Health.

3

each, *Enula campana* as much, Orice powder as much, Licorice two or three sticks sliced, a handful of Lavender spike, and let the lye stand nine dayes, and then strain it, and seeth it one wave and scum it, then put all the hearbs and spices therein, and so occupy it when you think good, with a sponge wet your hair, and then let it dry in of it self; this wil keep your head from aking, and make your haire as yellow as gold.

Another to make the haire yellow.

Take the rinde or bark of Rubarb, and take the scraping thereof and steep it in white wine, or cleare lye, and after that you have washed your head therewith you shal wet your haire with a Spunge, or some cloth kept for that purpose, then let your haire dry against the fire, or Sun, and the oftner that you use it the better it wil prove, as I have often tried.

For to stay haire from falling.

Take and make strong standing Lye, and take a great company of Ilope roots and burne them to ashes, and mingle the ashes and the Lye together, and therewith wash your head, and it wil keep the haire from falling off, and use this often, it is wel proved. Also if you take the ashes of little Frogs being burnt, it stayeth the falling of the haire; and the ashes of Goats dung ming-

led with oyle, doth increase haire.

Another for the falling of haire.

Take the ashes of Culver-dung in Lye, and wash the head therewith. Also Walnutt leaves beaten with Beares suet, restoreth the haire that is plucked away. Also the leaves and middle rinde of an Oke sodden in water, and the head washed therewith, is very good for this purpose.

For to kill Lyce in the head.

Take Frankensence and Barrows grease, boyle them together in a pan of earth, and with this oyntment rub the head where the Lyce is, and it wil kil them.

Another to kill Lyce in the head.

Take Stavemaker and beat it to powder, and mingle it with black Sope, and annoint the head therewith, and it wil be quickly cleane.

For the Nits in the head.

Take the gall of a Calfe and smeare the head therewith, and it wil kil the Nits.

For Wormes in the haire.

Take and rub *Calamint* on the head, and it wil slay the wormes in the haire.

For to doe away haire.

Take the head of Nettles and stamp them, and temper it with Eysel, and annoynt the head therewith, but first shave or pull away the haire, for it is better. After this you must sweat

sweat, and when that you are hot then annoynt your head therewith; and doe this three dayes, and there wil grow no more haire in that place. Also take the gumme of *Arabick*, and annoynt the place where the haire groweth, and it shal quickly fall away.

For to take away haire.

Take the shels of two Egges, beat them small, and stil them with a good fire, and with that water annoynt the place; or else take hard Cats dung, dry it, and beat it to powder, and temper it with strong Vineger, then wash the place with the same, where you would have no haire to grow.

An experiment for to take away haire.

Take the bloud of a Snaile without a shel, and it hindereth greatly the growing up of haire: Also take *Labdanum*, the gum of an I-vie tree, Emmets Eggs, Arsenick and Vinegar, and binde it to the place where you wil have no haire to grow.

Another for to take away haire.

Take the juyce of Fumitory, and mixe it with gum *Arabick*, then lay it on the place, the haire first plucked out by the rootes, and it wil never permit any more haire to grow in that place. Also if you annoynt your head with the juyce of a Gloworme stamped, it hath the same vertue.

*The Path-way to Health.**For the Scurffe in the head.*

Take of the decoction of Mallow rootes, and wash your head often therewith, and it wil cause the scurffe to fall away. Also the decoction of the middle rinde of an Elme, the head being washed therewith doth mightily drive out the scurffe.

Another for the scurffe in the head.

Take Vinegar and boyle it in wine lees a little, and annoynt all over the scurffe, but first cleanse it, and it wil mightily heale and dry it. Also take the branch of a green Fig-tree, with the leaves, and stamp them in water, and it wil heale the scurffe being washed therewith. If the scurffe be new, use this medicine daily with Vinegar, and annoynt the head therewith; this hath been proved.

For Wheales or Pushes in the head.

Take and wash your head with Vinegar, or with water wherein Camomel hath been sodden. Also the leaves of Violets stampt with Hony, doth lightly heale the same. Also Towne Cresses stampt with Goose-greace doth speedily heale the Pushes or Wheales that be in the head.

For a scald head.

Take a penny-worth of Lamp oyle, and halfe a pint of faire water, and boyle it wel together, and when it is cold, put thereto halfe a penny-worth of Quick-silver, and temper

temper it wel together, and annoynt the head therewith.

For a scald head.

Take the Liver of a Thornback and seeth it by it selfe, then take six rootes of *Enula campana*, and seeth them by the space of three houres in cleane water, of Housleek three handfuls, stamp them and mingle them altogether, and straine them through a linnen cloth, and make an oyntment of them, and annoynt the head therewith, and if the haire be gone, take a handfull of wool and burne it to powder, and annoynt therewith the head that is pilde, and the haire shal grow as thick as ever it was before.

Another for a scald head.

Take Groundsel and Barrows greace, and chop the Groundsel smal, and boyle it with a soft fire with the Barrows greace, and so clip off the haire, and therewithall annoint the scald head.

For to heale a white scald in the head.

Take Hounds-tongue and Borage roots, of each a like quantity, wash them faire and cleane, then shred them, and chop them smal in peices, seeth them in vinegar about halfe a pint and more, then put in a little sweet Butter never salted, and let them boyle together till they be soft, then straine them through a cleane cloth, and it wil be a plea-

fant salve, then take a feather and annoyne the Patients head withall, but you must use to wash the scald head with Cow-pisse, or else with faire water; and this wil heale the white scald head.

Another for to heale the white scald.

Take green Coperis, Rosen, Wax, Sheeps suet, Hony, and beat them small together, and boyle them wel, and it wil be a very faire salve, and this wil heale any white scald: proved.

For the Braine an experiment.

Take the Sirop of red Roses, with the powder of *Lignum Aloes*, and the bone in the Harts heart, Cloves, and the leaves of red Roses, or the Cakes thereof, and seeth them all together with Sugar, and give the Patient thereof to drink fasting, morning and evening.

For the braine another.

Take the smoke of *Lignum Aloes*, and it comforteth the cold braine, and all weak parts of the braine, and the head.

For to restore the Braine.

Take and make powder of Betony, and use it in thy pottage, and it wil restore the brain. Also take and chew Mace in your mouth. Also put into thy nose the root or the juyce of *Galingal*, and it is good for brain or memory.

For the Weaknesse of the braine.

Take and smel to Musk, and for default of stop-

stoppings of the nose when it wringeth the heart and upper limbs, and causeth them in a manner to sound: take of the fume of the musk beneath. Also to comfort the braine, use both Cloves and Mace in your broths that they be sodden in, and also in your nostrils. If the Patient have the rheum or pose, put the powder of *Cardomomum*, and the oyle of Musk into an Eggs-shel til it seeth, and therewith annoynt the head.

For the flegme in the braine.

Take the juyce of red Docks, with the juyce of Rue, and put a little thereof in the nostrils, and use this in a Stue, or very warme place.

For him that hath lost his minde.

Take the juyce of Marigolds, of Sage, of Wormwood, of each of them a spoonful, and take as much white Wine and put it thereto, and let him drink it at even, and as much in the morning cold: and use it for five dayes.

Another for him that hath lost his minde.

Take and sheare off the haire of the mold of his head, then take Archangel and stampe it, and bind it to his head where it is shaven, and let him sleep for a while, and when he awaketh he shal be right meeke, and sober enough.

For to keep a good memory.

Take Mugwort, and lay it in white Wine,
and

and then take it and distil it, and use to drinke of it fasting, and it shal preserve the memory. Also to take the juyce of *Zipulus* and drink it fasting, causeth a good memory.

Another for memory.

Take and grind Mustardseed with Vinegar, and rub it mightily on the plants of the feet, and it doth quicken the memory of such persons as have been long time sick, and wll stir them up from all kind of forgetfulness of memory, and maketh them mindful of such busines that they take in hand.

Against forgetfulness.

Take Rue, red Mints, Oyle Olive, and with very strong Vinegar, let thy nostrils be holden over the smoke thereof. Also burne thine owne haire, and mingle it with vinegar and a little pitch, and apply it to thy nostrils, for it wonderfully stirreth and quickneth the persons diseased with forgetfulness. Also take the Lytes of a Hogge laid unto thy head being shaven, is very good.

Another for forgetfulness.

Take the gal of a Crane, being made warme in a leaden vessel, it doth thorowly stirre up the diseased body, if the nape of his neck be annoynted therewith. Also take the smoke of *Galbanum*, or of an Harts horne, which is best of all for forgetfulness. Also the skin of an Hare burnt, and the ashes thereof drunk with

The Path-way to Health. *II*

with Calamint, healeth the disease of the Lyncurgy.

Another for the same.

Take Savoury and beat it, and seeth it in Vinegar, and lay it in the forme of a Plaister to the hinder part of the head, it doth meere-ly awaken those that are very heauey with sleep, nothing doth more and better quicken forgetfulness in men or women. Also the fume of a Kids skin doth quicken forgetful persons, and those that be infected with the falling sicknesse.

For the Frensie in the head.

Take oyle of Roses, oyle of Violets, of euery of them twenty poys, and as much of the water of a Cowturd, and put it in a new vessel of earth, and boyle it til all the water be boyled away; then put out that, and put in o-ther into the same vessel, as much of that water, and boyle it thus seven times, and then put thereto halfe of the fourth part of the poys of Camphire, and mingle it wel together, and use it on his head for the Frensie, when it is new shaven,

Another for the Frensie of the head.

Take the iuyce of Smallage, Veriuyce, or Vinegar, oyle of Violets or Roses, being put together in a vessel of Glasse over the fire, all hot lay it to the Patients head, and so annoynt the head all over being shaven,

Ans-

Another for the same.

Take and annoynt the head with Vinegar, and with oyle of Roses put thereto, and it is very good against Liturgy or Frensie, and for vomit of bloud, the quantity of foure drams taken with wine profiteth much.

For the Frensie in the Head.

Take the hot Lytes of a Goat, and clap it to the head of the Patient that is vexed with the Frensie, and it taketh it away presently and so doth a Sponge dipt in warme wine, and put to the left pap. Also the root that is called Neproyal boyled and laid to the head, wil draw forth all madnesse.

An experiment for the Frensie in the Head.

Take a red stone that is found in a Swallow, and let the Patient carry it about him fast tied in a linnen cloth, and put it under the left arme, and it doth heale all frensie and lunatick persons. Also a roasted Mouse eaten, is very good for frensie. Also seeth Henbane in sweet wine, and therewith wash the frensies eares, temples, and nostrils, and it provoketh sleep.

For the Meigrim in the Head.

Take foure handfuls of red rose Flowers fresh in Summer, & in Winter, three handfuls of Camomel, and as much of verven, and breake them small with your hand, and boyle them in a pottle of white wine of Gascoyne.

if it may be had, and if not, in Rochel wine, till it come to a quart, and put them in three bags broached flat like a Plaister, and lay it where the paine is, as hot as the Patient may suffer it, and change them stil hot and hot, during a day and a night, and longer if need be.

Another for the Meigrim.

Take halfe an ounce of Galingal, and an ounce of Ginger, Nutmegs halfe an ounce, Cloves a quarter of an ounce, Aniseed a penny weight, *Enala Campana* a quarter of an ounce, Licoras halfe an ounce, Sugar halfe an ounce, and beat all these together, and let the sick use of this powder first and last a Spoonful at once, and within four dayes God willing he shal be whole.

Another for the Meigrim in the Head.

Take an ounce of Stavesaker, and beat it to powder fine, then take the third part of the powder, and the white of an Egge, and a Nutmeg, and a little Commin, a quantity of Flax smal hacked, beat them together, and lay it plaisterwise on his fore-head when that he goeth to bed, if he bleed he shal be quickly whole; if not, lay it on the oftner until he bleed.

Another for the Meigrim.

Take Commin and beat it as small as you can, that so done, sift it through a fine cloth, and take the finest thereof, and put thereto the

the quantity of the gall of an Oxe, and beat
them together til that they be thick, and
then make a plaister thereof and lay it to
the nape of the neck, and it shal help them.

For the same, a Medicine.

Take Daisie roots, leaves and all, and beat
them, and wring out the juyce, and put
the juyce into the nostrils of the person that
is troubled with the Meigrim in the fore
part of the head, so that the Patient may
that they may voyd down the juyce that
ascendeth from him or them.

For to know if that the Brain-pan be broke.

If the flesh be whole above, take and shave
the head there as the sore is, and double
linnen cloth, and spread on the white of
Egge, and bind it to one night, and on the
morrow take it away; and look if the cloth
be moyst or dry, for if it be moyst the pan
is broken, and in the same place carve the
flesh, and let the blood out, and annoynt
with an oyntment made therefore, and then
thou shalt save him, or else he is but dead.

For the Fistula in the head.

Against the Fistula in the head, take an
leech bitter *Lupines* in salt water, and put
vinegar to them, and then straine it, and in
the straining thereof put of the powder of
Germander, and wash the head therewith.

For the Fistula in the head.

Against the Fistula in the head, take and gather the roots of Egrimony, and dry them in the smoke, and after that it is dry, take and hang it about the necke of the Patient, and it wil help him.

For the Meigrim, and for the Impostume in the head.

Take the foure penny weight of the root of Pellitory of Spaine, a *ob.* weight of Spicknard, and boyle them in good vinegar, and when it is cold put thereto a spoonfull of Hony, and a saucer-ful of Mustard, and mingle them wel together, and hold thereof in thy mouth a spoonful at once, and use this nine times, and use for to spit it out continually.

For an Impostume in the head.

Take Galingal halfe an ounce, Nutmegs a quarter of an ounce, Cloves a penny weight, the flowers of Canel, a penny weight of Spicknard, a *ob.* weight of Aniseed, a quarter of an ounce of *Enula Campana*, halfe an ounce of Licoris, of Sugar halfe an ounce, and beat them wel together, and use of this powder first and last a spoonful at once.

Another for the Impostume in the head.

Take Betony, Sage, red Mints, red Fennel, of each three crops, and eate them eight dayes together, or fourteen dayes; and after

ter take the green rinde of the Elder stick
one yeares growing, and put the juyce thereof
of into thy nose three dayes, three times
day, lying upright, the space that one man
goe a mile.

For the Head-ache.

Take Rose Cakes, and stamp them very
small in a Morter with a little Ale, and lay
them be dried by the fire on a Tiles hard, and
lay it to the nape of the neck to bedward
proved.

Another for the Head-ache.

Take Hemlocks, and seeth them til they be
as soft as pap, lay it to the head where the
paine is, and let it lye all night, and on the
morning lay on another hot Plaister of the
same, and use this foure or five times, and by
Gods grace the Patient shal be eased.

Another for the Head-ache.

Take a Posset and lay it hot upon the head
and let it oft be laid to, for so cured a Phys-
cian divers cures. And also take the oyle of
Camomel, and annoynt the browes and the
fore-head, and labour it very wel, and lay
the Patient downe, and make him sweat, and
it shal help him. Also mingle a spoonful of
the juyce of Betony with as much Wine, and
as much Honey, and put thereto nine
Pepper cornes, and drink it foure dayes to-
gether: proved.

The Path-way to Health.

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For the Head-ache.

Take juyce of black Ivie, and juyce of Rue, the oyle of Roses, White-wine, and Vinegar, and mingle all together, and annoynt the temples therewith.

For the Head-ache.

Take an handful of red Sage, a handful of red Rose leaves sliced, a handful of Camomel flowers dried, a handful of Bay salt, a peece of leavened bread, two Nutmegs, beat them all together, and make as it were a quilt, and rub over the hearbs, and then lay it over his head in the form of a plaister.

For the Head-ache : proved.

Take white Earth-bind and make juyce thereof, and put it into thy nose, and it shal purge thy head of rhume, and it doth away the Head-ache. Also Leekes with the leaves sodden in Wine, and emplaistred about the temples and the fore-head, it doth away all the head-ache. Also take Musterd-seed, Saffron, Rose-flowers, or the leaves, and mingle them with Sope, and make a plaister thereof, and bind it to the head. Also take Insence, Doves dung, Wheat meale, and temper them with the whites of Eggs, and bind it to the fore-head, and the temples, and it doth away all aches of the head. Also wash the head with lye made of the powder of Coleworts, of red Nettles, and of white Wine,
C and

and it doth away the ache without doubt,
for this is a true experiment, proved.

For aking of the Head.

Take and make lye of Vervaine, or of Betony, or of Worm-wood, and there-with wash thy head thrice in the week, and it shall doe thee very much good.

For the vanity of the Head.

Take the juyce of Wall-wort, Salt, Hony, Wax, and Ensence, boyle all them together, and there-with annoynt the temples.

For the vanity of the head, and to wash the head, and to comfort the braine and memory, and for a fair face.

Take Lye that is not too strong, and put two pils of Orenge, the pils of as many Citrons, the blossoms of Camomel, Bay leaves a handful, of Maiden-haire a handful, of Egrimony two or three ounces, of Barly straw chopped in peices, a dishful of Fene-greek, a pound of Wine leet, two or three dishfuls of Broom blossoms, put all these in to the Lye, and mingle them together, and so wash the head therewith, and put a little Myrrhe and Cinamon: this is proved.

For the Lytargie in the Head in the hinder part, which maketh it for to shake.

Take a pure black Cat and slay her, and pul out her bowels, and pick away the fat from the guts, and put them into the bodie

againe

again, and fill the body full of Mustard-seed, well steeped in the ioyce of Nep, and Sage, and then sow the body up, and roste it upon a spit til it be so dry that it drop no more moysture, then take the dripping that cometh thereof and put it in bladders, and when you wil occupy it, shave the Patient in the neck, and annoynt him by the fire in the joynt next to the head, and it shal help the grieved.

*Another experiment for the Lytargie
in the Head.*

Take and make the decoction of Tutcan, Smallage, and of Sage in salt-water, and wash the hinder part of the head there-with. Also take and seeth Castoreum in strong vinegar, put thereto of the powder of Anacard, and annoynt the hinder part of the Head there-with.

*Another for the Lytargie in the hinder
part of the Head.*

Take and chop the roots of *Siperus* very small, and seeth them in oyle til the oyle be nigh wasted, then lay the residue that is left on the hot coales, and let the Patient take the smoke thereof at his mouth and nose, and it wil help him. Also bind the powder of *Eustorbium* in a fine cloth, and hold it so to his nose that he be constrained to sneese. Or else take and make an oyntment of *Eustorbium*, of Pepper, and of Castoreum, with oyl of Musk,

Musk, or common oyle, with these powdles
and juyce of Gourds, and annoynt and
the hinder part of the Patients head: pur-
ved.

For to purge the Head, and to cleanse it.

Take Pellitory of Spaine, and chew a good
quantity of the root in thy mouth three seve-
ral dayes, and it shal purge the head, doe
away the ache, and fasten the gums.

For to purge the Head, an experiment.

Take the seed of *Stoni sacrae*, and beat it
to powder, and when it is beaten smal, take
fine linnen cloth, and put the powder there-
in, and make thereof a little ball the quan-
ty of a Hasel-nut: and put it in thy mouth
and role it to and fro betwixt thy teeth
chawing and holding down thy head in
space of an houre, and it wil purge the head
and thy gummes, and keep thy teeth from
saking, this also cleanseth all filthinesse
of the head and braine.

For to purge the head of what cause soever.

Take a handfull of Betony, a handfull
Camomel, and a handfull of Vervaine leaves
picked, stamp them, and seeth them in black
Woort, or in Ale, and in the latter end
the seething, put to it a little Cummin brayed
the powder of Hartsh-horn, and the yolks
two Eggs, and a little Saffron, and stir them
wel about, and lay a plaister thereof hot on

all his fore-head and temples. Also if you put to it a little Vinegar, it is a remedy for to purge the head, and for the Meigrim beside.

Another for to cleanse the Head, the Brest, and the Stomack.

Take three handfuls of Centory, and seeth it in a gallon of water unto a pottel, and then cleanse it, and put thereto a pint of clarified Hony, and seeth it softly to a quart, and drink thereof two spoonfuls at once, early in the morning, and late in the evening.

For all manner of Head-ache.

Take Vervaine, Betony, Worm-wood, Celendine, Wall-wort, Rue, and the bark of the Elder, Hony, and Pepper, and all whole, stamp them together, and seeth them in water, and drink it early and late : proved.

Another experiment for the same.

Take Rue, Eboney, Betony, Vervaine, Mints, Hil-wort, red Fennel, Wormwood, Southernwood, of each a handful, wash them, and shred them smal, then seeth them with water in an earthen pot, and wash thy head with some of the water, then mingle the hearbs with Wheat-bran, and make a plaister thereof, and lay it on the mould of his head as hot as may be suffered, then bind it to with a Kerchief, and within five times dressing of the Patient, he shall be whole.

*Another experiment for all manner of
Head-ache.*

Take Rue, Vervaine, Worm-wood, Sage,, Wal-wort, Eboney, red Fenel, Plantain, the green of an Elder, between the bark and the tree, of each a handful, wash them, and stamp them smal, put them in a new earthen pot with a pottle of red Wine, and a pottle of stale Ale, seeth it to the half, put thereunto a quarter of an ounce of Pepper beaten, and straine it through a cloth, and drink thereof nine dayes eight spoonfuls at once, at evening hot, and in the morning cold, and wash the Patients head with the liquor, and it will cure all manner of head-ache.

Against the turne or dazeling in the head.

Let thy head be washed with the water of the decoction of three-leaved Grasse, and lay a plaister of the Hearb to the Patients forehead. Also Mints laid to the head, taketh away the pains that come of a cold cause. Also Mistletoe laid to the head draweth out the corrupt humours; and the juyce of Onions cast into the nostrils, cleanseth the head. Also seeth Peniroyal, and lay it to the temples, or pour Baulm into the ears three or four times in the Sun, and it wil cure the Patient of dazeling in the head.

Another for dazeling or swimming in the head.

Take and make a plaister of Culver dung
and

and Wheat bran, temper them with the white of an Egge, and lay it to the contrary part of the head to that which is pained. Also the juyce of Ivie mingled with old Lard, is good for the swimming in the head. Also the pith of bread that was baked with Coriander seed laid to the head, is good.

Against the Rhume in the head.

Take and make a Pomander of the powder of *Cucubes*, *Maces*, *Labdanum* and Greek Pitch, it doth remove from the braine all superfluous humours: *Maces* and *Cucubes* chewed in the mouth doe the same. A plaister made of Garlick and Cloves stoppeth that humour which causeth the rhume. Also Isop boyled in the embers and so laid to the head, stoppeth the rhume, and a little bagful of Carvel, Salt, and Anniseed is very good.

A Gargell for the Rhume.

Take Vinegar, Mustard, a good quantity of Pepper, and boyle them all together, then let the party so grieved, put a spoonful in their mouth and walk up and down, and when it waxeth cold spit it out, and take another; and use it for a time, and for every one spoonful you shal voyd five: take it not in the frost, this hath been proved.

For the Rhume another experiment.

Take juyce of Coleworts, and draw it into the nostrils, and it purgeth the head: Sor-

rel beaten with the oyl of Roses is good for the ache of the head: For the Rhume in the eyes, take Time and eate it, and it driveeth away the rhume.

For the rhume in the head, another proved.

Against cold rhume, and other passions and swimming of the head, and such other qualities: take three pills of *Cassia*, of *Labdanum*, and *Storax Confecta*, with the juyce of Worm-wood, when the cause cometh of the head, this comforteth the braine: also make a Fumigation of *Cassia Ligna* over hot coals and receive the smoke thereof at thy mouth.

A quilt for the rhume, a speedy remedy, proved often.

Take of *Olibanum*, *Bengeum*, *Storax Calaminta*, of each of these half a dram, of *Labdanum* two drams, of Nutmegs, and Cloves, each half a dram, of Cummin a scruple, Mastick half a dram, of Maces half a scruple, of *Lygula Romana* a dram, of Bay berries a scruple, of the flowers of Roses, of Camomel, of violets, of each a dram, of the flowers of Betony a scruple, beat all these into grosse powders, and so let them be quilted with good red Scarlet flocks, in a peece of black Sarcenet, and so be laid upon the head to the nape of the neck, and let it lye there the space of twenty hours, and then turn it and thus for the rhume it is most excellent.

An experiment for Wounds in the head.

For to ease the ache and swelling wounds that be sore in the head, or in any other place, so that the bones be not broken. Take Mallows, Worm-wood, Betony, Egrimony, Hil-wort, of each of these a handful, wash them and stamp them, and put thereto three ounces of wheat-flower, as much Hony, and as much Barrow greace, and stamp them all together, and put thereto red wine, and fry them, and lay them warme to the sore, but lay a red Rose leaf between the plaisters and the wound, and it shal cease the rage, and take away the swelling thereof.

For all manner of evil aches in the head.

Take Betony, Vervaine, Worm-wood, Waybread, Rue, Wall-wort, Sage, the bark of the Elder tree, three corns of Pepper, and temper them together in wine, and drink thereof each day a draught early and late, til that the Patient be wel. Also take the gall of an Hare, and temper it with as much Hony, and annoynt therewith the temples. Also Rue, and Eysell, and smere thy head therewith, is wholsom. Also Camomel is good for the burning Feaver that holdeth a man or woman in the head. Also Fennel sodden in water, swageth the ache in man or womans head, when that the head is washed therewith.

*Another for all manner of evill aches in
the Head.*

Take the greace of an Hart, and mingle it with Barley-meale and Sorrel, bind them and temper them all together, and plaister it to thy temples: for this hath been proved a right good medicine. Also take the juyce of Primrose, and the milk of a Cow, and with a pen draw it up into thy nostrils, and it shal purge the head, and shal heale the party so grieved of the head-ache.

For to make a man to sleep.

Take a quart of Almonds blended, and half a pound of Hempseed, three times washed in cleane water, and sixteen Dates, stamp them together, and put thereto good stale Ale, and take an ounce of Poppy seed bruised, and lay it in Ale three or four hours, and seeth them together and straine them, and give the sick to eate of it, and it shal make him sleep.

*For to make a man sleep, and for to come
to quiet rest.*

Take red Roses, Violets, the water of Melilot, Lettice, of each a like quantity, a handful: white Poppy, white Henbane, of each half a dram, a little Dil-seed for to comfort the braine, bray all these together: then put them in a soft linnen cloth twelve inches long, and three inches broad, quilt it, and
tye

eye it to his fore-head. Also take oyle of water Lillies, Poppy, Night-shade, Rose-water, Vinegar, and womans milk, dip flax therein, and bind it to his temples : this hath been often proved.

For paine in the Eares.

Take the juyce of wild Cowcumbers, and put it into the eares, and it asswageth the paine. Also put the wood of green Ashe in the fire, and save the liquor that cometh out at the end, and put it into the eares, it causeth the pain for to cease, and amendeth the hearing. Also beat the juyce of Wormwood, and drop it into the eares : proved.

For the paine in the Eares.

Take and mingle the juyce of Betony with oyl of Roses, and put it warm in the eares with a tent, and stop them wel. Also take fair oyl Olive, and let it be blown out of a mans mouth that is cleane and fasting, into the eares of a sick man, let this be done three or four times, and let that side of the head be turned downward, that the odour of the head may run out. Also take Almonds, and the kirkels of Peaches, and let them be cleane pilled in hot water, and make oyl of them, and let the oyl be put into the eares of the Patient so grieved.

For the paine in the Eares.

Take oyl of Roses, and a little Vinegar,
and

and put it to the eare, then make a bagge of
Camomel and Meliot, and lay it thereunto
Also Goose-greace being taken with a little
Hony, asswageth the pain in the eares. Also
oyl of Almonds is very good for the pain in
the eares: Also if there be water in the eares,
take a little Goose-greace, and the juyce of
Onions commixed together, and so lay it to
the eares: proved.

For deafnesse in the Eare.

Take a peice of green Ash and put it in the
fire, and take the droppings of that water
and take the droppings of a fresh-water
Eele, the oyl of bitter Almonds, of every one
an equal portion, warm it by the fire, and let
it drop two or three drops in the eare if
grieved, then take black Ewes wool, and dip
the wool therein, and put into the same eare
and it will help the Patient so grieved, by
Gods grace. Also take Betony, and Hore-
hound, stamp them in a mortar, and wring
out the juyce, and let the Patient lye on
that side, and so pour it into his eare, and let
him take his rest: this hath been proved.

For deafnesse in the Head.

Take a Hedghog and rost it, and take the
droppings thereof and put it to the Patients
eares so grieved, and stop it with black wool
& fet. Sometimes there chanceth deafnesse
by wind which is in the eare, the which causeth
fetting

seth tinkling in the head, then take a little *Aloes* in hot water, or in white Wine, and distil it into the Patients eare, then put a little *Eustorbium* in powder into the parties nose so grieved to make him for to sneese, and to avoyd as much filthy humours as you may.

Another for the deafnesse in the Head.

Take Secades, Bay berries, Betony, Bay leaves, of each of them a handful, seeth them in white Wine to the half, and for an old man in Malmsey, then put it in a vessel that hath a narrow mouth, and hold your eares over it being unstopped as hot as you can suffer it, being not too hot, nor too cold, also three drops of the oyl of Almonds doth the same.

For Wormes in the Eares.

Take the juyce of Worm-wood, Rue, Sowthistle, and put it in the Patients eare and he shal be whole. Take the juyce of Elder, and drop it into the eare of the Patient grieved; or take the juyce of Cockle, and mingle it with the juyce of Arismart, and put it into the eares so grieved.

For ache and wormes in the Eares.

Take the juyce of Henbane and put it into thine eares, and it wil take away the ache, and kil the worms. Also take the powder of wild Gourds, and the juyce of Arismart, and put it into thine eares: Also for the worms
in

in the eares, take Centory and Leekes, the juyce of them both, and put it into the eares, and stop it with black wool of a Sheepe that groweth between the legges, and it will help the Patient.

For worms in the Eares.

Take oyl of Roses, oyl Olive, oyl of Exeter, *Aqua composita*, of each of them a like quantity, and compound your *Aqua vitæ* with other oyles on the fire: then take Rue, and the eggs of Ants, beat them smal, and compound them altogether being wel boiled, and then put it into the eares, dropping it in three or four times, and he shall find ease.

To cause a man to heare well.

Take and make a round loafe, and fil it full of Sage, and bake it, and when it is baked then breake or cut the loaf in the midst, and binde it to the eares as hot as he may suffer it; let this be used three or four times, and it will cause the Patient so grieved for to heare well.

For the running in the Eares.

Take the juyce of Elder, and drop it in the eare of the party grieved, and it clenseth the matter and the filth thereof. Also the juyce of Violets used, is very good for the running of the eares. Also take the gal of a Weather, and Hony, of both a like portion, mingle them and put them into the eares.

For

For the running in the Eares.

Take the gal of a Goat and womans milk mingled with Hony and Mirrhe, and it wil help you. Also boyl the juyce of Fenegreek, and put it in a hollow Onion in the fire, then put of the same juyce strained into thine eare, and lay the Onion likewise over thine eare in manner of a plaister; also the urine of a man-childe being poured into the eare dryeth the humours, and taketh away the running of the eares.

For the Impostume behinde the head.

Take Beans and mingle them with meale, and the juyce of Fenegreek, and it helpeth the Patient so grieved with the Impostume behind the eare, but it must be laid plaister-wise.

Another for the same.

Take Milk and Allom and make a posset, and when the Allom hath turn'd the milk, lay the Posset curd to the Impostume and it wil break it. Also to destroy an Impostume in what place soever, take the root of Hollihock and wash it clean, then seeth it til it be tender, then put out the water, and put to the root Linseed and Fenegreek, and Barly meale, mingle them wel together, and fry them with Boares greace, and lay it to the Impostume Plaister-wise, and it wil cure the same.

For

For all manner of sore eyes.

Take Fennel, Rue, Vervaine, Enfrance, Endive, Betony, and red Roses, lay all theſe a day and a night in white wine, the ſecond day ſtil them with a ſoft fire, then keep it in a glaſſe, this water is as good as Bawme for all manner of evil eyes.

Another for the ſame.

Take Fennel, Rue, Vervaine, Enfrance, Betony, Endive, Fenegreek, Hil-woort, Pen-royal, red Roses, Maiden-haire, of each alike much, alſo four ounces of oyl Olive, ſtamp them and put them in a veſſel of glaſſe, and ſtil them in a ſtillatory, and as it ſtilleth part it in three parts, the firſt water you muſt keep by it ſelf, for it is as precious as ſilver, the ſecond as gold, the third as bawme; al theſe waters muſt bee kept in very cleane glaſſes cloſe ſtopped, and ſo uſe any of them.

A precious water for the ſight of the eyes made by King Edward the ſixt.

Take Smallage, red Fennel, Rue, Vervaine, Betony, Egremony, Pimpernel, Enfrance, Sage, Selondine, of each a like quantity, firſt waſh them clean, then ſtamp them, and put them in a faire braſen pan, with the powde of fifteen Pepper corne, faire ſeirced into a pint of good white wine, then put them in to the hearbs with three ſpoonfulls of hony

an

and five spoonfuls of the water of a man-
hilde that is an innocent, mingle all toge-
her, and boyl them over the fire: and when
it is sod, straine it through a fine linnen
loth, and put it into a glasse, and stop it
wel and close til you wil use it, and when
you need put a little thereof into the sore
eyes with a feather; but if it were dry, then
temper it with white wine, and it profiteth
much all manner of sore eyes; this water was
used by King Edward the sixt.

*For the Pin and the Web, and the Felloe
in the Eye.*

Take the gal of a Hare, and Hony, of each
like much, mingle them together, and take
feather, and put a little into thine eyes, and
it wil heal them within two or three dayes,
and save the sight on warrantise: this hath
been often proved.

For the Pin and the Web in the Eye.

Take a quart or a pint of Strawberries
when they be ripe, and put thereto as much
white Wine as Strawberries, then put them
in a clean vessel and let them stand nine daies
hot, stir them very wel every day twice or
thrice, and the tenth day put it in a bag of
Canvas, and let it goe through hot, you
must not wring it hot, let it goe through of
it self, then take the cleare and put it in a
ial of glasse, then take Calamins, that is, a
D Stone,

stone, and put it in the fire til it be red hott, and then quench it in white Wine nine severall times, and when thou hast done thus take the same stone and beat it to smal powder in a brazen mortar : if you have a pint of Water, then put therein one ounce of the said powder, and mingle them wel together, and keep it wel, for this is a precious water for the Pin and the Web in the eye.

Another for the same.

Take Enfrance a good quantity, and stamp it wel, and wring out the juyce through a cloth and use it ; or take Boars greace, Capons greace, Goose greace, and melt them together in a pan, stir them wel with a staffe til it be wel boyled, then let it cool and put it in a box, and at night use to put a little thereof in the eye when thou goest to bed, lying upright.

Another for the Pin and Web in the Eye.

Take an Egge and rost it hard, and in the white thereof put as much Coperas as will please, then being hot wring it thorow a cloth, and let it drop in the eye one good drop; this hath often been proved good both for old and young.

For to cleare the Eye-sight.

Take and chafe the greace of any manner of fresh Fish-water against the Sunne, til thou have the slime thereof, mingle it with

The Path-way to Health.

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Hony, and therewith annoynt chine eyes.

For to cleare the Eye-sight.

Take and drink the juyce of Rue, and it wil so cleare the Eye-sight, that if the Sunne do shine yee shal see the stars at noon day. Also take the gal of a Swine, or else the gal of a white Cock, and put it in a glasse, and annoynt the eyes therewith nine dayes, and thy sight shal be as clear and perfect as ever it was; this hath been proved.

For the Pearl in the Eye.

Take white Ginger, and rub it on a Whetstone of Norway into a pewter saucer, and doe thereto white wine, and then take a feather and wash the eyes therewith: proved.

A precious Water for the Pearl in the Eye, and for red bleated eyes, and for to keep a man young.

Take Lummel of Gold, of Silver, of Latten, of Lead, of Iron, of Steel, of Licargie, of Silver and Gold, with a little Camomel, and as much Columbine, put these into the urine of a male child, and let it stand a day and a night; the second day in warm white wine, the third day in the juyce of Fennel, the fourth day in the juyce of Eggs, the fifth day in womans milk, the sixth day in red wine, the seventh day in the white of Eggs, the eighth day put them together and stit them, then put the water very close in glasses

for your use. This water destroyeth all evill in the eyes. Also if it be drunk it keepeth a man young, and is of wonderful great vertue.

For bleared Eyes.

Take the juyce of Cowslips, and the water thereof distilled being taken, and the eyes annoynted therewith helpeth all bleared eyes, and taketh away the rednesse.

For heat and swelling in the Eyes.

Take white Bread, and Southernwood sodden in water, and therewith bathe the eyes, and it wil draw away the heat and swelling of the eyes without any pain. Also for swelling or running of bloody eyes, take and seeth red Snails, and gather the greace thereof, and annoynt thy eyes therewith, and they wil be whole by Gods grace.

For smarting of the Eyes.

Take Womans milk, and the juyce of Cernitory, and mingle them together, and wash wel the eyes therewith. Also the juyce of Betony is very good with white Wine proved.

For a mans eye that is blew or black, with a blow or a bruise.

Take the white of an Egge and Parsly, and beat them together, and make it as thick as an Oyntment, and lay it to the Eyc-lids all cold. Also take the gal of a Hare, and temper

it with Hony, and annoynt the eyes therewith. Also take red Snails in water with Capons greace, and annoynt the eyes therewith.

For running or Watry Eyes.

Take of Betony and Hony a like quantity, fry them and straine them through a cloth, and annoynt the eyes therewith. Take also Columbine and wring out the juyce, and annoynt the eyes therewith. Also take a red Colwort leate, and the white of an Egge, and annoynt therewith the watery eyes when thou goest to bed. Also to make the eyes cleare and bright, take the blood of small Birds and Hony, and annoynt the eyes therewith and thou shalt clearly see.

For blood-shotten Eyes.

Take the tops of white Worm-wood, and the leaves of Filladane, stamp them and mixe them with the white of an Egge and Rose-water, and make thereof a Plaister, then binde the same to your eyes at night when you goe to bed, and it wil help you.

For to drive blood from the eyes.

Take the powder of Commin, of War-mote, and the white of an Egge, make a Plaister hereof upon hard Flax, and lay it to the eyes. Also for to cleare the eyes, take Wall-wort, Rue, red Fennel, stamp them together, and temper them wel with white

wine,

wine, and straine it through a linnen cloth, and so drop it at night into thine eyes lying upright in thy bed.

For bloody or watery eyes.

Take a quart of white Wine, and put thereto the fat of sixteen peices of Bacon the breadth and thicknesse of a groat, and a good saucer ful of Hony, and put them in a Latin bason clean scoured, and stir them wel together, and cover them with another bason the space of nine dayes: then take off the bason and yee shal finde a cream, break the cream a little, and pour out the water that is underneath very softly into a glasse, and that water wil help all manner of red eyes and watering; use it daily, and put one drop into thine eyes twice a day.

Another for bloody eyes.

Take the juyce of Rue and powder of Commin, mingle them together, then take Cotten and dip it wel therein and lay it to the eyes, and also annoynt the temples, the brows, and the lids of the eyes therewith. Take also the roots of red Fennel, stamp them and wring out the juyce, then temper it with clarified Hony, and make thereof an oyntment, and annoynt thy eyes therewith, and it wil take away the rednesse.

For the eyes that are blasted.

Take Tutty and Calamint, and wash them with

with white Wine nine times, then grinde them upon a stone with some of the white Wine, and with Goose-greace, and Capons greace, put hereof in the eyes early and late : this hath been proved.

A Medicine for a mans eye that is broken with a staffe, or bruised with any stroke : this hath been often proved.

Take a pint of white wine, and a handful of red Rose leaves, and as much Commin as thou canst hold in thy hand, and cut all together, then seeth it wel til most part be consumed, then take that liquor and put it into a glasse, and put thereof into thine eyes, doe thus five or six dayes, also wash the sore eyes therewith : and at night make a plaister of the same leaves that be sod, and lay them likewise upon the sore eyes, and this wil certainly heal the eye though the ball thereof be cut, or hurt with a rod or staffe, or any other kind of bruise in the eye coming of what cause soever : proved.

For the itching of the eye.

Take the oyl of Tutty, and annoynt the eyes therewith. Also Sumach is good for the itching of the eyes caused of hot humours, and wash them with that water before expressed.

A precious Medicine proved, for man, woman, or
child, that hath any sore eyes. And this
Medicine never faileth, but
restoreth the sight.

Take a Stone called *Calamint*, and make it
red hot nine times, and quench it four times
in Rose water, and five times in white Wine,
then take this stone that is thus quenched, and
make of it smal powder in a brasen mortar,
then take Frankensence, as much as of the
powder of the stone, and make it also to
powder, and look that you have of them
two even portions, as much as you wil, then
take Rose water and water of Rue, and wa-
ter of Fennel, of each of these three, two por-
tions, of the water of Strawberties, and the
water of Vervaine, and the water of Enfrance,
of each of these three, three portions, and put
all these waters together in a clean vessel, and
then look how many ounces thou hast of thy
powder, to ounces of the aforesaid waters
that be mingled. Grinde the powder of *Ca-
lamint*, and of Frankensence on a Marble stone
as you would grinde Vermillion, but you
must grinde each one by it selfe, then take
fresh Swines greace of a Barrow-hog, and
wring the same very wel through a cleane
cloth, and look that you have as much weight
of cold greace as of the mingled waters
then take the powder of *Calamint*, and boyle

it with the greace, and with the mingled waters, over a soft fire of Charcoals without any smoke. And when thou hast boyled these wel together, put unto the same the powder of Frankensence, and then boyl them all together til the smoke of the boylings cease, and then take it from the fire and let it coole: but from the time that you set it first to the fire for to seeth, be alwayes stirring it very busily til it be cold and thick; then take Camphire and pare it in smal peices, then take of thy oyntment even as much, and grind them together by parcels on a Marble stone, and when they be wel mingled together, then put it in a boxe, with one ounce of *Calamint*, and an ounce of Frankensence, Enfrance three penny-worth, and three penny-worth of Camphire, and he that hath any grievance or sicknesse in his eyes, at night sitting on his bed, let him take of this oyntment with his finger, as much as a wheat corn, and hold it in his eye until it be relented, and then dip his finger with the oyntment softly between the lids of his eyes, and then let him lye down and sleep, and on the morrow when he riseth, wash the eye with Rose-water, or with Enfrance water, or with Fennel water, or with Rue water: these waters be good therefore, but ere thou wash the eyes therewith heat the water a little over the fire, but
look

look that you wash not with fasting spitte, nor with no other thing but one of these waters before said, and thou shalt be whole; this hath been surely proved.

For the Impostumes in the Head.

Against the Impostume of the eyes, and web of the same, put the juyce of Hony-suckles often therein, or mingle it with pure Hony, and straine it, and it wasteth the Impostume, and the web marvellously, and it was thus proved. One took a Cock and a Whelp, and pricked their eyes with a crooked Iron or Needle, so that they seemed that their eyes were out, and then he bruised this Hearb and put it in their eyes, and they became fair and clear as they were before, at the which he did marvel; and proved it many times upon divers persons.

For Worms in the Eye-lids.

Take Salt and burn it in a clout, and temper it with Hony, and with a feather annoynt the eye-lids when the party goeth to bed.

For Worms in the Eye-lids.

Take Bay-salt and burn it in the fire, and then stamp it, and doe thereto clarified Hony, and the water of Allom, and a little Copperas, and annoynt the eye-lids when thou goest to bed, and this medicine shal kil the worms that be in the eye-lids: proved.

For

For stinking at the Nose.

Take Cloves, Ginger, and Calamint, of each like much, and seeth them in white Wine, and therewith wash thy nose. After that put in the powder *Piritram* to provoke one to sneese, if there be repletion fleam in the head: first you must purge the head with pills of *Colcbie*, or of *Hiera picra*. Also if the stinking of the nose come from the stomack: first purge the stomack, & flet.

For the Polix of the Nose.

Against the polix of the nose, make a Suppositary or tent of a plaister called *Apostolicon*, and put powder of *Copperas* thereon, and put it into thy nose, or make that tent of Cotton, and wet it in Salt-water, and lay of the said powder thereon and put it in thy nose. The said powder is also good to fret the proud flesh of superfluity of blood of the nose, but first burn it, then put it in old parchment and make powder thereof, and make Mastick, and then make a tent of *Bursa pastoris*, with part of a stone called *Emachitas*, and put it in thy nose.

For the Polix of the Nose.

To take and put the juyce of *Ivie* into thy nostrils, is very good. The gum of *Ivie* made in an oyntment called *Dialibera*, hath power to chase and to consume. Also against the Polix make a tent of *Apostolicon*, and the powder

powder of burnt brasse, and lay it to the nose
& flet.

For the Pose in the head.

Against the Rhume or Pose, mingle the powder of Comin-seed, and Bay-berries, and put them all hot in a bag, and lay them so to the head for the pose.

For the Nostrils a Medicine.

For the highnesse of the Nostrils, and rednesse caused in flux of humours : take the broth that *Olibanum* is sodden in, but first in the morning pils of *Olibanum*, and at night to bedward the said broth : these pils comforteth, digesteth, and purgeth the stomack.

For bleeding at the Nose.

Take and mingle the powder of Betony, with as much Salt, and put as much as you can take between two fingers and a thumb in the nostrils, and the blood wil stanch : also take and wet cotten in the juyce of *Bursa pastoris*, and cast powder of *Antimonium* upon it, and the bleeding wil stent.

For bleeding at the Nose.

Take a dram of *Bole armoniacke* washed, and mixe it in Rose-water, and Plantain water, and drink it, then bind the extreame parts as hard as you may, and after make a tent of green Nettles, and put into his nose. Moreover, if so be that the Patient doe hold in his hand Egrimony, the root and all, and

drinke

Drink the juyce of Knot-grasse, the blood wil
staunch.

For bleeding at the Nose.

Against the bleeding of the nose that com-
meth by ebolition, or boyling of the blood
in the Liver and veines : in Summer make
Beans wet in the juyce of Rose-water, and
lay them to the fore-head, or temples : it hath
been proved.

Another for the same.

Take Peruincle and chew it in the mouth,
and it wil staunch the blood.

Against the bleeding at the Nose.

Take and wet the pith of an Elder in the
juyce of *Bursa pastoris*, and cast powder of
Sumach thereon, and put it to thy nose. Also
take and wet Cotten in the juyce of Blood-
wort, and put it into thy nose, and it staunch-
eth blood. Also take the juyce of Nettles
and rub wel thy fore-head therewith, and it
wil staunch it. Take the seed that hangeth up-
on a Hasel bow and burn it, make powder
and blow it into thy nose with a Goose quill,
or drink the juyce of Plantain, and the blood
wil staunch presently.

An experiment for the Toeth-ache.

Take Betony and wild Gourds, and put
them in wine, or in vinegar, and then put it
into thy mouth as hot as thou maist suffer it,
and hold it a good while in thy mouth, and
is

it wil take away the pain. Also take Henbane
and bruiſe it, and hold it between thy teeth
a good while, or lay it alſo upon the tooth
that aketh, and it wil aſſwage the pain: Take
three or four rates of Ginger, and bruiſe
them with half a pint of Ale, being ſodden
therein til it be waſted to a quarter, and put
it into the parties mouth as hot as he may
ſuffer it, and it wil take away the tooth
ache.

For the Tooth-ache.

Take ſtrong Ale, and Muſtard of the beſt
and gum Elder, and put it in a porrenger
and ſet it over the fire, and ſtir it, and when
it is thick take it and hold it on that ſide that
the pain is. Also take Henbane ſeed, and ſeed
of Leeks, and Frankensence, of each a like
much, and lay theſe three on a glowing hot
tileſtone, then take a pipe of Laten, that is
wide at the lower end, and ſmal above, then
ſet the wide end to the ſtone, and the ſmal
upward, and let the ſmoake goe into thy
mouth, for this wil kil all the worms: it hath
been proved.

For the Tooth-ache.

Take the root of Henbane and ſeeth it in
Vinegar til the third part be ſodden away,
and with the ſame waſh thy mouth, and hold
it in thy mouth a good while, and it wil kill
the ache, Also take the root of Henbane, and
hole

hold it between thy aking teeth, and it will
doe away the pain thereof.

For hollow Teeth.

Take *assa fetida*, and put it in the hollow
tooth, and it shal help them. Also take Rue
and lay it to the hollow teeth, and chew it in
your mouth, and lay thereof into the hole,
and it shal assuage the pain thereof.

For hollow Teeth.

Take Vinegar and Musterd, powder of
Pepper, and Pellitory of *Spaine*, and the ker-
nel of a Nutgal, and boyl them all together,
and put it into the hollow teeth, or else a-
bout the gums hot, and thou shalt be whole.
Also take the seeds of Henbane, and beat it to
small powder, and mingle it with wax, and
make a little pellet that it may be ful of pow-
der, and put it in the hole of the tooth that
taketh, and it wil kil the tooth-ache that is
hollow : this hath been proved.

For Wormes in the Teeth.

Take Pepper and stamp it, and temper it
with good wine, and sup thereof warm, and
hold it in thy mouth til it be cold, and then
spit it out, and thou shalt be delivered of all
anguish of the tooth-ache. Also take the
seed of Henbane, and cast it on a Chafingdish
of coals of Charcoal fire, and hold thy mouth
over the fire that the smoke may enter into
thy mouth over a bason of fair clean water,
and

and thou shalt see upon the water as it were smal worms, that shal come forth at thy mouth. Also take Tanfie, bray it, and stop the hollow tooth therewith, and it wil kill the Wormes, and take away the paines thereof.

Another for the same.

Take the root of Pellitory of *Spaine*, and wash it cleane and stamp it, and make thereof three smal bals in thy hand, every bal the greatnesse of a Plum, and lay the first bal between the cheek and the tooth that aketh, by the space that one may goe a mile, and even as the water gathereth spit it out, and when thou thinkest it hath been there so long put it out, and put in another, and so doe til thou have spent all three, and then lay you upon your bed, and cover you warm, and when you have slept you wil be whole : this hath been often times proved true.

To make Teeth to fall out of themselves.

Take ground Wormes, and a red hot Tile-stone, and burn them to powder, and put the ashes into the hollow tooth, and cover it with wax, and they wil fal out themselves. Also take the root of Henbane and make it in powder, and touch the tooth, and it wil fal out, take heed that thou touch not any but that which is sore. Also burn to powder a Harts horn, and rub thy teeth therewith

and

and they wil fal out: Also make dowe of Wheat flower, with the milk of spurge, & lay it about the tooth that is pained, and it shal fal out, Also take a water Frog, and a green Frog, and seeth them together, and gather the greace, and smere therewith thy gums about the teeth, and they wil fal out quickly.

For yellow stinking teeth.

Take Sage a quantity, and doe as much Salt thereto and then coffin it, as thou wouldest make a Pasty, and bake it in an Oven all to coals, and thereof make powder, and therewith rub thy teeth. Also take green branches of Broom and burn them, and make powder thereof, and doe thereto as much of the powder of Allum burnt, then mingle them together, and temper them with water, and therewith rub wel thy teeth, and that wil doe away the yellownesse and blackness, and the stinking of the teeth. Also take a handful of Cummin and stamp it smal, and seeth it in Wine, and give the party so grieved to drink twenty dayes and it shal help them. Also Mastick chewed within a mans mouth, taketh away the tooth-ache.

To make teeth white that be yellow or black.

Take flower of Rye, and Salt, and Hony, and mingle them wel together, and therewith rub wel thy teeth every day two or three times, and after wash thy mouth with

E. water,

water, this wil doe away the yellownesse, and make the teeth white. Also take white Marble, Cuttle bone, white Coral, Salgеме, Bay salt, Mastick, and the pills of a Citeron, of each of these a like much, make them in very fine powder, and rub the teeth therewith every morning, and afterward wash your mouth with white wine, wherein Dil or Camomell hath been sodden. Also take Vinegar of Squils, and dip a little peece of cloth therein, and rub thy teeth and gums withal, the said vinegar fastneth the gums, and comforteth the roots of the teeth. Also Scurvie-grasse doth the same. Also distil a water in a Limbeck of two parts of salgеме, and the third part of Allom, and rub the teeth with a cloth dipped in the same, and it maketh the teeth white, and clenseth the gums.

To make the Teeth cleane.

Take Rosemary, Sage, and a quarter of Allom and Hony, and boyl them together in faire running water, and when it hath been wel boyled straine out the faire water, and keep it in a glasse, and use it sometimes to wash your mouth and the teeth therewith, and it wil make them clean. Also wash the teeth with the decoction of our Lady-thistle-root, and thy teeth shal be fastned, and also kept clean, and thy gums being sore about the teeth shal be made whole. Also the root

of Horehound drunk, or chewed of a man fasting, doth quickly heal the gums, and maketh the teeth cleane. Also Strawbury leaves taketh & clenseth the teeth and gums: a sure and tried experiment.

For the Gums.

Against swelling of the gums, wash them first with Vinegar and Allom confect together, but first set Ventoses, or boxes, with scarification on the neck or shoulder, or set the Ventoses in the hinder part of the head, and scarifie it three dayes, then lay Horseleeches to the gums, and wash the gums with vinegar wherein Allom, Nurgals, and Roses hath been sodden in, and with the same vinegar wash thy mouth three or foure dayes twice or thrice a day, and it wil ease thee. Also against the rottenesse of the gums, take Cinkfoile and rub the cheek therewith, and it taketh away the rotting of the gums.

For the Gums that bleed.

Against the bleeding of the Gums, take powder of Coral, and of *Anibero* that is in the midst of the Rose, and lay it upon the gums; or confect it with Hony, and annoint the gums therewith. The powder of Coral put to the gums, healeth them. Also for the gums that rotteth: rub them with Myrrhe, & it wil help them. Also the fume of Myrrhe received at the mouth, comforteth and purgeth the same.

For the Gums that are gnawn.

Take and seeth Cloves in water of Roses, and then dry them, and make thereof powder, then temper the powder with Rose-water, or with Roses, and that is best, and then dry it again in the Sun, and doe so three or four times, and then temper the powder again with Rose-water, or with the juyce of Roses, and annoynt the gums therewith, and lay the powder on them.

For Blisters in the mouth, and swelling of the lips.

Against the blisters in the mouth, and swelling of the lips : take and seeth the leaves of Mastick in Vinegar, and with the same make a Gargarisme thereof. Also against fleaing, or rawnesse of the mouth comming of feavers, and against smal blisters and swelling : seeth yolks of Eggs in water, and then fry them til oyle come out of them, and with the oyl confect the powder of Pennets, of Dragagant and *Amidum*, and annoynt the grief. This powder confect with sirrop of Roses or Violets, is also very good therefore.

For chapping of the lips.

For the chapping of the lips : take Pennets and delay them in water of Dragagant, and annoynt the lips therewith. Also for lips that be broken with the wind, take the oyle

oyle of Almonds and *Propelio*, boyl them over the fire, and let it be somewhat hard, and therewith annoynt the lips so chapped with wind. Also for new clefts, or chapping of the lips : lay the powder of Correl in the clefts, and keep wel thy lips together, and bind a cloth thereto.

*For swelling of the Cheeke that cometh
of the Tooth-ache.*

Take the juyce of the seed of Nettles, and the white of an Egge, Frankensence, and Wheat flower, and make thereof a Plaister, and lay it to the sore cheek, and it wil doe away the swelling thereof.

For the great heat in the Mouth.

Take a pint of water, and as much as a Nut of white Allom, and as much of Sage, a spoonful of Hony, and boyl all these together, and wash thy mouth with it.

For the Canker in the Mouth.

Take a pint of white Wine, and as much running water, and the crops of Sage, two spoonful of life Hony, and as much Allom as an Egge, boyl all these together, and skim it wel, clarifie it til the Allom be consumed, and when it is somewhat cold put it in a glasse, and use it. Also take the root of Selandine, and seeth it in white wine, and when it is wel sod take the pot down, and let the sick hold over his mouth, and let the breath

goe into the body, and it shall kill the canker.

For the Canker in the Mouth.

Take the juyce of Woodbind, and the juyce of red Worts, Hony, powder of Camomel, and powder of wild Sage burnt; also take red Wine a pint, a quarter of a pint of Hony, and as much Allom as a Doves Egge, and seeth them til the third part thereof be wasted: proved.

Another for the same.

Take Vinegar, Allom, Mustard, Rue, Avence, Isop, hearb Robert, and seeth and strain them through a cloth as hot as you may suffer it, and wash your mouth oftentimes therewith, and it wil heal the canker.

For the Canker in the mouth, and for stinking breath.

Take a handful of Woodbind, as much Plantain, and bray them small, then take a pint of Eysel, and another of water, and a quantity of Hony, another of Allom, keep all these waters together in a glasse, and wash wel thy mouth therewith, and hold it in thy mouth, and it shal destroy all Cankers and stinking breath, and save the teeth from rotting.

*A very good Medicine for a Canker,
or sore mouth.*

Take a handful of Woodbind, as much Plan-

Plantain, and half a handful of Lavender-cotten, as much Sage, an ounce of white roche Allom, and three spoonfuls of Hony, bray all these in Vinegar, let these be moderately warmed, and put into a Still with the hearbs, and softly distilled, and after meals wash your mouth therewith three or four times a day : proved.

Against clefts and sores in the mouth ; steep Dragagant in Rose-water, and wring it in a cloth, and with the glewy substance that cometh out mingle the powder of *Amidum*, and with a feather wet therein, annoynt the fore mouth therewith, and it wil heale quickly.

Also for a man that cannot eat wel, take *Ambrose*, *Peniroyal*, *Annice*, *Ach*, *Organum*, *Rue*, swil these together with water, and drink the water morning and evening til thou be whole, Proved.

For Evil in the mouth, or throat.

Take the leaves of the white Vine, and boyle them in fair water, and when it is wel boyled hold thy mouth over, that the aire may goe into thy mouth, and then sup of the water, and hold it in thy mouth til it be cold, and then put it out and take more, and doe so seven or eight times a day, and use this two dayes together. Also doe in like manner with the five-leaved *Grasse*, and use it seven

or eight times a day, and three dayes together, but it must be sodden somewhat more then the leaf of the Vine, in faire water, and it wil heal the Patient : this hath been oftentimes proved.

For unsavoury Mouthes.

Take the juyce of Endive with Suger and if the juyce be thick or troubled, clarifie it, and so may allover juyces in this wise. Seeth the juyce of Endive a little, and let it stand, and that which is thick wil goe to the bottom, then take the thin liquor, and strain it often through a cloth, and wring it, and with that juyce in the bottom make a Sirrop with Suger : if you wil make it thinner, put the white of an Egge thereto.

For the stinke in the mouth.

Take and make Pils of *Cassialigna* and eat of them, and they be good for the stink of the mouth. Also for the stink of the mouth caused of rottenesse of the gums and teeth : take and wash the mouth with water that garden Mints be sodden in, and rub the teeth with the Mints, or else with the powder thereof. Also chew Musk, and it wil doe away the stink of the mouth. Also take the juyce of Vervaine and bruise it, and put it in thy mouth, and hold it a good while close in thy mouth, and it wil take away the stink. Proved.

To

To take away the stinking of the mouth.

Take and wash thy mouth with water and Vinegar, and chew Mastick a good while, and then wash thy mouth with the decoction of Aniseeds, Mints, Cloves, sodden in Wine. If the stinking of the mouth come of a rotten tooth, the best is for to have it drawn out. Also you must wash your mouth before meat and after, with warm water.

For to cleanse the mouth, and to purge the humours from the mouth, which descend out of the head, it is good every morning fasting to wash your mouth, and to rub your teeth with a Sage leaf, Pils of a Citeron, or with powder made with Cloves or Nutmegs. You must forbear all meats of evil digestion, and raw fruits.

For a stinking breath.

Take oyl *Deret*, Turpentine, Hony, oyl Olive, Virgin Wax, as much of the one as of the other, and boyl them all together, and make an oyntment thereof, and use it every day in the Patients nostrils, and let it be put into the nose every day with tents made of lint scraped of fine linnen cloth, and he shall be whole.

For a stinking breath.

Take the iuyce of Hilwort, or else take Butter, and the iuyce of Feathersoy, and temper them with Honey, and every day
give

give the Patient a Spoonfull.

Another for the same.

Take two handfulls of Comin, and stamp it to powder, and boyl it in Wine, and drink the Sirrop thereof morning and evening warm, the space of fifteen dayes, and thou shalt amend: this hath been proved.

For a good breath.

Take and wash thy mouth with the water that the shels of a Citeron have been sodden in, and thou shalt have a good breath. Also these confections make the breath sweet, the electuary of *Aromaticks*, and the pills of Citrons. Against letting of the breath caused of cold humours: take and drink the hearb Dawk, or the liquor that dry Figs have been sodden in, and it wil make the breath sweet and wholsom. Also take red Mints and Rue, wring the juyce in the sick bodies nostrils when he goeth to bed.

For the Tongue.

Against the sharpnesse and drinesse of the Tongue, put this gum in water which is called gum Arabick, til the water be slimie, and with that slime moyst the Tongue, or bind the gum in a thin cloth, and put it in water til it begin to melt, and with the same cloth rub thy Tongue, and it wil take away the pain thereof. Also for the roughnesse of the Tongue, put the seeds of Quinces, or the kir-

kernel in a fine cloth, and wash thy Tongue therewith : also *Psillium*, or the seed thereof.

For driness of the Tongue, and for thirst.

Against driness of the Tongue of the Feaver Ague, put the seed of Fleawort, and bind it on a fine linnen cloth, and then put it in cold water, and therewith wash and rub thy tongue, and scrape it with a knife. Also for thirst put the seed of Fleawort in a bag, and lay it on the tongue.

For thirst in the Tongue.

Against thirst in the Tongue, give *Pysan* or *Dragagant*, and it wil be dissolved in a night, or make Sirrop with water that Barley and *Dragagant* is sod in, and it is conveniable for Feaver Agues, or if *Dragagant* be holden under the tongue.

For the Palsie in the Tongue,

Take and use great strong ground Mustard, the powder of Piones wel scaled, powder of Sage, Nutmegs, and Suger, doe these powders in the Mustard, and eate every day at meales thereof, and it wil take away the Palsie of the tongue. Also Mustard-seed sodden in oyle or wine, is very good against the palsie. Also take the powder of *Castorium*, and hold it under the tongue til it be molten or dissolved.

For the Palsie in the Tongue.

Against the palsie of the tongue, that is, when

when the tongue is ful of holes, and the Patient cannot speake, because the sinews of the tongue is ful of humours, as it appeareth often in Feaver Agues, for the same chew the seed of Cresses, and hold it under the tongue : proved.

For him that hath lost his speech.

Take Sage, Pimpernel, stamp them well and annoynt his tongue underneath with the juyce thereof, else take the juyce of Sage and Pimpernel, and doe it in his mouth. Also take Ach, Mints, red Betony, and lay them into Goats milk, drink it morning and evening. Also take three ounces of Betony, and sweet milk of a Goat, temper them together and drink it three dayes together, this for the Palsie is most precious.

To restore speech that is lost suddenly.

Take Peniroyal, and temper it with Eysen and give the sick to drink it : lay also a plaster of this to his nostrils so grieved.

For a man that sleepeth, and cannot speak.

Take Galbanum and set it over the fire with a candle, and make it smoke, and put the smoke to his nose, and thou shalt cause him for to speake. Also take the juyce of Sage and Primrose, and doe it in his mouth, and he shal speake by Gods grace. Also take the juyce of green Morrel berries, and clarifie it well, and drink thereof, and thou shalt speak.

A.

Another for the same.

Take the juyce of Sothernwood, and temper it with wine, and drink it when thou goest to bed.

Another for the same.

Take the crops of Rue, and the crops of Vervaine, of each a like much, and drink the juyce thereof when thou goest to bed.

For Sun-burning.

Take the juyce of Lemons, with a little Bay salt, and wash your face therewith, and let it dry in, and doe so three or four times and it will help you. Also take halfe a pot full of raine water, and fil it up with verjuyce, and seeth it til it be consumed away, and in the time that it is a boyling, fil it with the juyce of Lemons, and when it is sodden, take it off and let it cool, and then take eight new laid Eggs the whites of them, and beat them fine, and put fine Suger to it, and so occupy it for Sun burning.

For red Pimples in the face.

Take a little Roche Allom, and breake it in small peeces, then take the white of a new laid Egge, and put it in a pan that is leaded within, set it to the fire til you see it boyle, and stir it all the while with a little stick til you see it wax hard; take this and wash your face therewith. Also take Rose-water, and water of wild Tansie, and mingle them together,

gether, and therewith wash thy face, and thou shalt be whole.

For Pimples in the face.

Take and wash your face when you goe to bed with warm water, and let it dry in the sun. Take the white of an Egge, and put it into a Saucer, and set it upon a chafingdish of coales, and put into it a peece of Allom, beat it together with a spoon til it become thick, then make a round ball, and therewith annoynt the parties face where the pimples be.

For beate and blaines in the face.

Take the whites of two Eggs, and beat them with an Allom stone til they come to curd, then take it and set it upon a few embers, and alwayes stir it as it doth gather to a curd, then take it off, and put it upon a Painters stone, and put thereon *Vnguentum populeon* halfe the portion, and of Allom as much as your thumbe, as fine beaten as may be, and this grind with all the other ingredients a long while, and put it in a glasse or pot, and therewith annoynt thy face.

For a rich face.

Take three yolks of Eggs raw, as much in quantity of fresh butter, or Capons greace without salt, Camphire, two penny-worth of red Rose-water halfe a pint, two graines of Sivet, and boyle all these together in a dish, and then straine them through a clean cloth, and

and so set it to keele, and take the uppermost
and box it. Also take *Pepuleon*, Brimstone,
and fresh butter, and a handful of red sage,
and stamp and strain them, and then melt all
together and put it in a box. Also take
white Copperas one ounce, one pint of run-
ning water, and boyle them all together to
the halfe, and skim it clean, and strain it, and
put it in a glasse, and set it in the Sun, then
wash thy face with a feather, and annoynt
thy face therewith morning and evening til it
be whole.

For a Sauce-flamed face.

To annoynt it by day, take eight penny-
worth of Camphire, and as much of Bores
greace as a costard Apple, and mingle them
together finely til you can perceive none of
the Camphire, then put it into a box, and keep
it as close as you can from the ayre. Also to
annoynt the face by night, take a quantity of
Deeres suet, and put thereto a little Bores
greace, and a quantity of Brimstone, and
boyle them together with a quantity of Cop-
peras, and a pint of Vinegar, or Clarret wine,
and after they have been boyled, use to an-
noynt thy face therewith.

*To make a good Oynment for a Sauce-
flamed face.*

Take an ounce of oyle of Bayes, and an
ounce of Quick-silver, and doe them in a
bladder

bladder together, with a spoonful of fasting spittle, and then rub them wel together, that nothing of the Quick-silver be seen, and then take of this oyntment when that it is made, and annoynt the sauce-flamed face therewith, and it wil heale it wel and faire, on warrantise, proved true.

Another Oyntment for the Sauced-flamed face.

Take the roots of Lovach, and of Dock-roots, the tops of Nettles, and Cellendine like much, the quantity of three ounces, halfe a pound of the leaves of Parsley, and bray them wel in water, and doe thereto two pound of Bores greace, and stamp them wel together, and let them stand stil four dayes, after set it over the fire til it seeth, then straine it through a faire clean cloth, and then put thereto fine Frankensence, Myrrhe, and Masticke, of each an ounce, and let it boyle softly with an easie fire, and stir it wel with a slice, and then let it keele, and when it is cold put therein two ounces of Quick-silver, and mingle them together, and therewith annoynt the sauce-flamed face, and this wil heale the same, as it hath been oft proved.

Another Medicine for a Sauced-flamed face.

Take the petty Morel and stil thereof a quart of water, and take a quarter of a pound of Camphire, and heat the water a little, then

then put the Camphire therein and mingle them very wel together, then put it in a glasse and stop it wel, but you must bruise the Morrel a little in a Mörter before you stil it, afterward with this water use to annoynt the Sauce-flamed face, and it wil heale the same. Also with this water you may heale any manner of Sauce-flamed face whatsoever, as by experience hath often been proved.

For beate and swelling in the face.

Take and boyle the leaves or the blossoms of Rosemary either in white wine or faire water, and use to wash thy face and hands therewith, and it wil preserve thee from all inconveniencies, and also make both thy hands and face very smooth.

For wrinkles in the face.

Take white wine, and a little Briony, and a dry Figge that is fat, and annoynt your face therewith, then travel upon the same til you sweat.

For a man that sweateth too much.

Take Linseed and Lettice, and stamp them together, and lay it to the stomack of the party that useth to sweat much, and it wil help him.

For to make the face faire.

Take the flowers of Rosemary and seeth them in white Wine, with the which wash your face; also if you drink hercof, it wil
F make

make you have a sweet breath. Also to make the face white, put the powder of *Sepia* in oymntment of *Citerium*, and annoynt the face :: Or make powder of the root of *Serpentine*, and of this bone, and mingle the same with *Rose-water*, and let it dry, and then put it to the same water againe, and let it likewise dry, doe this foure or five times, and then use it to annoynt the face therewith.

For a Childe that is jaw-falne, or mald-falne, or roof-falne.

Take a handful of *Chickweed*, and wrap it in a red *Colwort* leafe, or else a linner cloath, and rost it in the hot embers in the fire, and it wil become a green salve, then lay thereof to the bone of the neck as hot as may be suffered, and take foure leaven of white Bread, and crum it on the mould of the childes head as a plaister, and it wil raise up the bone or mould, by the grace of God within nine houres.

For shortnesse of breath.

Take a gallon of Ale, and put thereto penny-worth of *Lycoris* scraped, and a halfe penny-worth of *Anniseed*, a little *Linseed*, and a handful of *Isop*, and as much *Pennie-royal* cleane washed: let them seeth to five pints, and drink hereof morning and evening til you have ease.

For a hoarse voyce.

Take the broth that red Colworts have been sodden in, and mingle it with seven or eight Penydis, and one ounce of sirrop of Maiden-haire, and give it the patient when he goeth to bed. Take *Dyairis* simple, and a losing of the same at morning, and also at night.

Another remedy for a hoarse voyce.

Take great Raisons, Figgs, Sugar, Cinnamon, and Cloves, of each a smal quantity, seeth them in good wine, and give the Patient to drink thereof morning and evening, two ounces at a time, except he have a Fever. It is also good to take morning and evening a spoonful of the sirrop of *Fujubes*, mixed with a root of *Licoris* in manner of a *Locsanum*, if with the said hoarcenesse there descend abundance of water to the mouth. Also it is good for to make an electuary of halfe *Dyairis*, and halfe *Diadriganum*, and use hereof first in the morning, and last at night.

*A very good Medicine for to open the Pipes,
and to make the voyce cleare.*

Take a Figge, and put it in the powder of Mop, and eate every morning one at a time til you be wel. This wil help you on warerantise.

For a sore Throat or Mouth.

Take Cinckfoyle a good quantity and stamp it, and boyl it in faire water in a Posnet, then hold thy mouth open over the fumes thereof as hot as possible thou canst suffer it, that it may enter into thy throat, and fill as it cooleth in thy mouth spit it out, and so take fresh and fresh.

A Sirrop for a sore Throat.

Take halfe a pint of the juyce of Mulberries, a pint of clarified Hony, and a quarter of a pint of good Claret Wine, seeth them all together til the liquor be consumed: take also Sage, Suger, Woodbine and Roses, of each a handfull, seeth them in faire water til the strength of the hearbs be sodden, then take ten or twelve spoonfulls of the fore-said sirrup of Mulberries and put therein, and with this use to gargel your throat luke warm oftentimes, and spit it out againe: proved.

For a sore Throat.

Take oyl of Camomile and oyl of Violets, and the oyl of Almonds, and the grease of a Hen as much as of all the others, first wash it wel and pick it, then mingle all together, and annoynt the throat therewith. Take the dung of an Asse, and the dung of Swallows, and make it in powder, and put the same in wine, and gargel it in your mouth

and throat as hot as may be suffered. Take also the Swallows in the Nest, and a pound of the oyl of Camomile, and the oyl of Almonds, as much of the one as of the other, and lay it to the place.

For the swelling in the throat.

Take the green bark of the Elder tree, and a little Bay-salt, beat them wel together til they be somewhat small, then lay the same to the swelling of the throat.

For the Quinsie in the Throat.

Take Cinckfoyl, and seeth the same in running Water, and put it in a pot with a narrow mouth, and let the party grieved hold his mouth over the mouth of the pot, so that the fume may passe into his throat, and when the water waxeth cold, wash the throat wel with the same, both within and without, and the disease wil vanish away: proved.

Another for the same.

First let the party thus diseased be let blood on the left arme, or in the liver veine three or four ounces, and let him gargase it with Wine-vinegar and water warmed together, of each a like quantity, gargase it often times, and spit it out, and let him have *Morbridatrem* in white wine, and let him sweat upon it an houre or two. And if the Quinsie be swolne already in his throat, then

let him use this remedy following. Take a Swallowes nest as you finde it, with Birdss, or with Eggs, or without either of them, and put to the same eight handfulls of Mallowes, with as much Water-creffes, boylle them all together in milke until they become soft, and til the milk be cleane consumed, then beat it in a bowle until it comes to a plaister, then take as much as your fist of the same, and while it is warme spread it like a plaister, and bind it as hot as may be suffered about the place where the swelling is, and so change it often till the paine be gone.

Another for the same.

Take hot bread and put it in hony, and lay it to the place as hot as may be suffered, and it wil drink it up. Take also the juyce of Plantain, and gargel it up and down thy throat, and it wil ease the paine thereof. Also take the berries of the Mulberry-tree, and make juyce thereof, then seeth them in a little oyle and wine, and put vinegar thereto, and so gargle it. Also an electuary made of the juyce of the same berries, with a quantity of scummed hony, is good for the same and it may be kept ten yeares in seeds of *Dianthorum*, for the Quinsie.

For the Cough.

Take Isop, great Raisins, and Figgs, o
each

each a little handful, and one ounce of Licorice; boyl them in faire water til the third part be consumed, then give the party grieved for to drink thereof twice a day, in the morning two houres before meat, and at night two houres before supper: also it is good to eat a losing of *Diarris* or *Diapaeidon*. If you wil have it stronger, put thereto the decoction of a little Coleworts, Anniseeds, and Fennel seedes, with the seedes of Nettle, of each two drams.

Another for the Cough.

Take Sage, Rue, red Fennel, Ilope, Comin, and the powder of Pepper, of each like much by weight, and seeth them wel together in hony, and make thereof an electuary, and use thereof a spoonful in the evening, and another in the morning till the cough be gone.

Another medicine against the Cough.

Take the root of *Enula campana*, Horehound, Holihock, of each of them a like much, seeth them all together in white wine with a dozen of fatte Figgs, and with a little Licorice, and use to drink hereof a draught at a time every day twice.

For a dry Cough.

Take Anniseeds, Alhe seedes, and violets, and beat them to powder, and stamp them with even portion, then seeth them together

in faire water till they waxe thick, then put the same into a box, and as you need, let the sicke eate first and last of the same till he be wel.

For the Cough, or stoppings.

Take the powder of Ilope, the powder of Anni-seed, the powder of Ginger, the powder of Licoris, and mingle them with clarified Honey, and eate daily thereof til thou be whole. Also for the Cough take a little Brimstone, and make powder thereof, and put a little of the same upon a board or trencher, and take a stick, or coale of fire, and put it in the Brimstone, and let the party grieved hold his nose over the fume of the Brimstone, and it shal breake the force of the cough and stoppings. Also this is good for the pose, and the rheume in the head, as hath oft been proved.

To make a powder for the Cough.

Take Sugar-candy, *Enula campana* roots dried, but nothing so much *Enula campana* as Sugar-candy, then take two or three crops of dried Ilope, and one race of Ginger, and beat all these together, and afterward use to eate of these powders till thou be whole.

To make a sirrop for the Cough.

Take a pint of Ilope water, halfe a pint of clipped Rosemary, a quarter of a pound of Sugar-

Sugar-candy, three spoonfuls of Anniseeds
bruised, three spoonfuls of Licoris sliced,
seeth all these together upon a soft fire until
it come to a sirrop, then straine it, and take
a spoonful thereof morning and evening, and
let it goe softly down by gowlpes.

For the perrilous Cough.

Take white Horehound and stamp it, and
wring out the juyce, and mingle the juyce
with Hony, and seeth it, and give the sick to
drink hercof. Take also a Garlick head and
roast it, then take away the pils and eate it. Al-
so take a Colwort leafe and strike the inner
side thereof with May butter, and lay it to
the sick mans stomack or belly every mor-
ning and evening, and give him no milke,
butter, nor cheese, nor any kind of salt
meat, nor salt pottage, nor nuts, nor ap-
ples, but make the party pottage with leaves,
and roast him an Onion, and let him eate it
with a little pepper and honey put therein,
and use it often, and it wil help him.

Another for the same.

Take the juyce of Sage, and the juyce of
Rue, of each alike much, and a quantity of
Commin, and as much of the powder of
Pepper, and seeth them all very well in cla-
rified honey, and so make an electuary there-
of, and let the party grieved use of this
medicine daily, three spoonfuls at night,
and

and three in the morning untill he beee whole.

*A good Medicine to help the Cough
speedily.*

Take two or three Garlick heads wel pil-
led, stamp them and put them into Hoggf-
greace or suet, and stamp them wel together;
and at night when thou goest to bed warme
wel the soles of your feet, and annoynt
them with the said confection as hot as may
be suffered, and also the small of your leggs,
and put a warme cloth about your feet, and
within three nights he shall be holpen. Also
take Brimstone and put it into powder, and
put a little thereof into a new laid Egge soft
rosted, and mingle it well together: then
put thereto of *Bengemin* as much as a fitch
pease lightly stamped, and drink it in the
morning at your breakfast, and at night.

A remedy for the dry Cough.

Take a pound of Licoris, and scrape it
cleane, then stamp it in a mortar, and put
it in an earthen pot, and put thereto three
quarts of the best woort that may be gotten,
and one ounce of Sugar, and a quarter of an
ounce of Ginger in powder, and a pint of
clarified honey, and seeth them all together
till they be halfe wasted, then straine it
through a cleane cloth into a faire vessell,
and let the party grieved use thereof first and
last,

last, at night hot, and in the morning cold,
till he be whole.

Another for the Cough,

Take Anni-seeds, Smallage-seeds, and Violet seeds, of each a like much, beat them all together in powder, and temper them with wine as the quantity giveth, then seeth them wel til they waxe thick, and so use it. Also if you take the seeds of Nettles, and seeth them in Oyle, and afterward annoynt your hands and your feet therewith, it will doe away the cough. Also take the sirrop of Violets and of *Jujubes*, and drinke thereof. Also it is very good to take first in the morning and last at night, a losing of *Diadrageant*, and afterward to drinke a draught of good *Ptisan*, and this is a present remedy for the cough when it proceedeth of a hot cause.

A dyet for them that have the cold cough.

Yee must abstaine from vinegar, and all salt meats, from fruits and raw herbs, from Fish, Lemmons, and all kinde of grosse meats, and too much replexion: Also yee must drinke no wine betweene meales, nor sleep in the day time, especially after meat.

*For the stopping of the Pipes, and for
fleame a medicine proved.*

Take a good bowle ful of Barley, and put to the same a gallon of clean Wel-water, and boyle

boyle them together til the Barly be as softe as any Wheat, or Formetie, then straine itt through a cleane cloth, and take that water,, and put thereunto as much good Wort, with a penny-worth of Licoris bruised, but nott made into powder, and a handfull of good Ilope, another of Sage, and boyle them all together til one halfe of the liquor be boyled in: then straine that liquor through a cloth, and that that cometh through the cloth put into a close vessel, and let it stand a day, and then let the patient drink thereof a spoonfull or two every morning, and so much likewise every evening untill he be wel. This hath been often proved.

For straitnesse in the Pypes.

For straitnesse in the Pypes, or in the breast, take dry Ilope, roots of *Enula campana*, of each one handfull: sticks of Licoris scraped and soft bruised, foure ounces, and boyl altogether in a gallon of running water, till halfe be wasted, then straine it, and to all the above said liquor hot put halfe a pint of clarified honey, and drink thereof milke warme, a good draught every day first and last.

A medicine for to stay a vomite.

Take halfe a pint of running water, an ounce of Sugar: and a good race of Ginger, pick it and scrape it cleane, and shred it in
good

good handsome peeces, and so put it to the water and the sugar, and boyle them together from halfe a pint to a quarter of a pint, and so give it to the party to drink, for it wil stay the vomit in a very litle space.

For them that may not digest their meat.

Take Hors-hoofe and Hilworte, of each of these alike much, wash them cleare, and stamp them, and put thereto the powder of Pepper, and seeth them together in faire water, and let the patient drink thereof luke-warm, first and last.

A remedy for a vomit.

For them that have vomit, and for them that have not their breath at wil, and hath stopping in their breasts; take a dram and a halfe of the powder of Betony, with a Gobbet ful of water, and drink it fasting.

Another for the same.

Against the vomit caused of weaknesse, heat, or odor collick: mingle the powder of the three-leaved grasse, with the white of an Egge, and rost them on a tyle, and give it to the patient to eate. Also for the vomit caused of retentive weaknesse: take the powder of Gum Arabick, and powder of Canel.

For a man that vomiteth too much.

Take Roses and boyle them with strong Vinegar, and make a plaister thereof, and lay it to his stomack all hot. Also vomiting cometh

cometh sometimes without great violence, and thereby one getteth health, wherefore yee need not give him any remedy, for it is a good action of the natural vertue of the stomack, sometime vomiting cometh by a great violent moving of the vertue expulsive of the stomack. For the evil things contained in the same, a remedy : One may well help a man to vomit, giving him water warme with a little oyle to drink, or else to put thy finger in his mouth very low, or a feather wet in oyle the better to vomit, and to mundifie the stomack, if so be the person have a wide throat, and that vomiting doth not hurt him much, as they be that have but small and strait throats, and long necks and leane, for all these are evil to vomit. Sometimes vomiting cometh by weaknesse of the stomack, caused by a hot and evill complexion, yee shall cure it after this manner : Take sirrup of Roses, Quinces, Mirtles, with water sodden and cold againe, or else water of Purslain to quench the thirst. Also it is good to annoynt the stomacke before dinner and supper, with an oyntment of the oyle of Roses, and Quinces, and the juyce of Mints, and a little waxe, or else make a plaister of Mints, Roses, Wormwood, and oyle of Roses, and lay to his stomack as hot as yee may.

For to make a man cast and perbreake.

Take two parts of the juyce of Fenel, and one part of honey, and seeth it till it bee thick, and drink thereof morning and evening, and it wil cause a man for to cast, or perbreake.

Another for the same.

Take the juyce of spurge, and use to drink thereof, and it wil cause you to cast. Also the juyce of Stonecrop put into white wine causeth a man for to cast presently.

For to comfort the Patient after his vomiting.

Take and give the Patient in the morning an ounce of the sirrop of Wormwood, or Mints, in stead of which it is convenient to take a losing of *Aromaticum rosatum*, or *Diagalanga*. Also take evening and morning three houres before meat two cloves in powder, with a spoonfull of the juyce of Mints, or halfe a spoonfull of Rue dried with a little wine. Also it is good to take powder of Cloves, and *Lignum aloes* the weight of a crown, two houres before meat.

For one that abherreth his meat.

Sometime there chanceth in the stomack a disease called *Fastidium*, or abhorring of meat, whereby the person against his will taketh in hate all manner of meats that is offered unto him, like as the whole man taketh pleasure and delight in the same. The cause

cause of his disease is repletion of chollick humours, or flegmatick, grosse, and viscouse, which are in the stomack: and the Patient hath great thirst, a dry tongue, the mouth bitter, and sometime doth vomit yellow choller. And if the veines be full, let the Patient be let bloud on the right arme, and give him to eate and drinke such things as are fit for a party so grieved; also you may give him the juyce of Pomegranets.

For to provoke an appetite.

Take Sage, Parsly, Pepper, and Mints, and stamp them, and temper them with Vinegar, as you doe make sauce for fishes, it wil cause appetite: also flesh eaten with vinegar comforteth, and giveth appetite. If vinegar be used with a full stomack, it unbindeth the womb, with an empty stomack bindeth it. It is good for them that be weak with sicknesse, if it be taken in this manner: Toast bread, and wet it in vinegar, and with the toast rub the mouth and nostrils, and bind it on the pulsable veines, for it comforteth the Patient, and the appetite, but for the appetite only, it were better wet in the juyce of Mints. Also to them that have lost their appetite by sicknesse, two drams of the powder of Betony, with foure Ciote rootes in drinke, taketh away both sadnesse and evil tast of meats. Also take and confect Cardo-

memum, with the juyce of Mints, and use for to wet your meat therein, it provoketh appetite.

Against the letting of the breath.

Take and lay Orpiment upon hot embers, and let the Patient stoop down, and receive the smoke thereof through a pipe or funnel. Also take three drams of Orpiment, with reare eggs, or with wine, or womans milke once or twice in the week.

Against paine of the breath called *Asma*, caused of cold, take the powder of *Philixendula*, with the powder of *Gentiana*, and use it in his meat and drink.

Another for the same.

Against the paine of the breath if it be of a long continuance : take the powder of *Gentiana* with Wine, and Barly water, or else with meats, or with new bread. Also take two drams of *Galbanum*, with a rear egge, or with Barly water. Also to take Figgs and seeth them in wine, is good against the letting of the breath, and against cold rheume or humours in the breast. Also Pancakes made of Docks, with meat or Eggs, is very good for letting of the breath called *Asma*, if you eate thereof.

An oyntment for the shortnesse of the breath.

Take two ounces of the oyle of sweet Almonds, and one ounce of May butter unsalted,

ted, a little Saffron, and new Wax, and make an oyntment therewith, and annoynt the breast morning and evening.

Also for him that lacketh wind.

Take Mallows, Mercury, and Borage, seeth them together in a peece of Pork, and make thereof pottage, and eate and drinke of this broth with wine, or with whey that is good.

For armes being consumed, and fallen away.

Take Dear suit, and thine owne water being dissolued in a basen warme, then therewith wash thy armes every day morning and evening.

For the Marrow being cold, and numb'd in the armes.

Take three spoonful of Mace, three spoonful of *Aqua vite*, and three spoonful of urine, and three spoonful of Capons greace, and put them all in a Porringer, and warm them on the fire, and wash your armes morning and evening. Also if that you be sore in any part of the armes, take Roche Allom, and Madder, and boyle them with Conduit water, from a pottel to a pint, and so wash your armes.

For aking of the hands, and stiffenesse of the fingers.

Take a handful of red Sage, as much red Fennel, as much red Nettles, with a quantity of

of Bay leaves in powder, and long Pepper, stamp all these together in a Morter, then straine the same through a Canvas cloth with *Aqua vite*, and with this liquor annoynt thy hands when you goe to bed.

For swelling of wounds in the hands.

Take Wormwood, stamp it, and straine it, and boyle it with vinegar, and put thereto Wheat bran, and make a plaister, and lay it to the fore hands.

For worms or heat in the hands.

Take Chickweed and bruise it a little, and seeth it in running water till the halfe bee wasted, and wash your hands as hot as the party can suffer it, for the space of six dayes, and it wil drive away the heat or worms in the hands.

For to make your hands white.

To make the hands white and soft, take Affodil in cleane water til it wax thick, and put thereto powder of *Cantarium*, and stir them together, then put thereto raw Eggs, and stir them wel together, and with this oyntment annoynt your hands, and within three or foure dayes using thereof they wil be white and cleane.

For itching of the worms in the hands.

Take and annoynt the place that itcheth with the juyce of Mints, or of Rue, and it shal put away the wormes. Or else take the ber-

ries of the lesse Morrel, and there-with annoynt the worms, and the hands.

For to make nailes to grow.

Take Wheat flower, and mingle the same with Honey, and lay it to the nailes, and it wil help them.

For nailes that doe fall off.

Take powder of Egrimony, and lay it there as the naile was, and it shal put away the aking, and it wil make the nailes for to grow.

For cloven nailes.

Take Virgin Wax and Turpentine, and mingle them together, and lay it on the naile, and as it waxeth or groweth, cut it away, and it wil heale.

For nailes that are rent from the flesh.

Take the lesser Violet and stamp it, and fry it with Virgin wax, and Frankensence, and make a plaister, and lay it to the naile all whole.

Also annoynt thy fingers with the powder of Brimstone, Arsnick, and Vinegar, and in short time you shal finde great ease.

For stench under the arme boles.

First pluck away the haire of the arme holes, and wash them with white Wine, and Rose-water that *Cassialigna* hath been sodden in, and use it three or four times.

For

For to destroy the heat of the stomach.

Take faire cleare water and boyle it wel, and skum it, and put therein shivers of brown Bread, and let them lye therein an houre, til the water be almost cold, and drinke thereof two or three dayes, the oftner a day the better, and eate green Parsley, and Galingal, and it shal help thee.

For to avoyd fleame out of the stomach.

Take the powder of Pellitory of Spaine, and the powder of Comin, powder of long Pepper, powder of Ginger, mustard, vinegar, and mingle them together, and chafe them on the fire til they wax thick, and then as hot as you can suffer it, put part thereof in your mouth, gargling it in your throat up and down, but let none enter into your stomach, doe this divers times, spitting it out by the space of an houre, and this is a Gargarisme proved.

For the stomach that is hot and swolne.

Take the root of Smallage, stamp it, and put it in sweet wine, or in other good wine all day and night, and straine it through a faire linnen cloth, and put it in a cleane vessel, and use to drink a little thereof every day fasting, take this eight or nine dayes.

For rising under the stomach.

Take long Pepper, Graines, Saffron, Ginger, Anniseed, Licoris, and Suger, and seeth

them all in good Ale till it be thick, and give it to the party to drinke, and he shal be whole.

A plaister for rising under the stomach.

Take Yarrow, Milfoyle, red Fennel, red Mints, Rue, Borage, Fetherfoy, Cloteler, Pellitory, Egrimony, of each of these a like much, and the greace of a barrow Hog, that is of a sow kind, and seeth them all together in good Ale, and make thereof a plaister, and lay it to the stomach as hot as may be suffered two or three times, and he shal be whole: God willing, the hotter the better for to be taken: this hath been proved.

For the gnawing of the stomach.

Take and seeth Betony in the juyce of VVormwood, and let the party drinke it with warme water, if his stomach be not well. And drink wine that Nep hath been sodden in, next to the heart fasting early.

For the stomach that aketh.

Take an hearb that is called *Paleo*, and dry leaves, and a handsul of Housleeke, and as much of this *Paleo*, and put it in a vessel with faire water, and let it boyle on the fire till the third part of the water be sodden away, and put thereto stone Suger, and a little Honny, and let the Patient drinke thereof six dayes fasting, and he shal be whole,

For to force the stomach.

Take three parts of Cannel, and one part of Mastick, and one part of the parings of Pomgranets, and halfe a part of Galingal, and stamp all these together, and temper it with Hony that hath been clarified on the fire, and wel scummed, then use as much of this as a Nut, every day during ten dayes together : this hath been proved.

For the wind chollick in the stomach.

Take a handful of Time and wash it clean, and put it into a cup of Ale or Beere, and let it stand all night, then take three sticks of Licoris bruised, and let the party so grieved drink thereof morning and evening.

Another for the same.

Take Onions and put them into running water, and change them into foure waters seething, and when they are tender sod, take them and wring them between two trenchers, and butter them, then put thereto grosse Pepper, and so eate of them morning and evening, until you doe finde your selfe eased of your stomach.

For fleame in the stomach.

Take red Nettles a good quantity, a good quantity of clarified Butter, and seeth them in faire running water till the hearbs be tender, then take them up and eate the hearbs, and drink the liquor : proved.

For to make losings to comfort the stomach.

Take a pint of Rose-water, a quantity of Rubarb, grate it upon a Grater, twice as much Setwel, as much *Calamus aromaticus*, as much Spicknard, a little Sinamon, as much *Enula campana*, as much Ginger, and a little cleane water: put to these Spices one pennyworth of Sugar, and let all seeth on the fire till it wax very thick, and be wel sodden, then use hereof both morning and evening.

For all manner of evil in the stomach.

Take Ashe seeds, Linseeds, Comin, of every of them a like much, give these to the sick to drink with hot Wort, or else with faire hot water.

For the Feaver in the stomach.

Conserve of Roses is very good for the Feaver in the stomach: also it is good for all evils in the stomach that is ingendred of hot humours.

For the swelling in the stomach.

Take the roots of Fennel, and the roots of Smallage, of each of them a like quantity, then stamp them and straine out the juyce, and temper the same with good Wine, and use to drink thereof first and last, in the evening warme, and in the morning cold.

For Impostumes in the stomach.

Against the Impostume in the stomach, and of the bowels, seeth Fenegreek very soft, with

water.

water that Mallowes have been sodden in, and lay it to the stomack in manner of a plaiſter, and this wil ripen and breake the Impoſtumes that be in the ſtomack. Proved.

*For Impoſtumes that be in the ſtomack,
or in the liver, or in the
bowels.*

Take the juyce of Morrel with *Priſane* and Barly, and give it to the Patient to drink, and it wil both ripen and deſtroy the Impoſtume in the ſtomack. Alſo take the oyle of Mandrake, and annoynt the grieved ſtomacke therewith.

For an Impoſtume in the ſtomack.

Take Barly, dried Beanes, and Licoris, and let them boyle all together, of each of theſe a like much, drink thereof with Sugar every day faſting, and at night when thou goeſt to bed; let the Patient uſe this ſeven or eight dayes together, and it wil caſt out the impoſtume in his ſtomack.

For to cleanſe the filth in the ſtomack.

For the filth and dirt in the ſtomacke, which reſteth there by reaſon of the impoſtume that hath been in the ſtomack, or in the bowels, take the powder of *Salnatry* with warme water, or elſe with Honey.

For a ſtomack overcharged with raw meat.

Take Stonecrop that groweth on the wal, and it purgeth both upward and downward;
it

it purgeth the stomack of evil humours, and helpeth the Dropsie, the Stone, and the Flux. Also for the Spleen, for the Tiffick, and for the Feavour it is a precious medicine.

For the stomack and head, and for a man that may not wel speake.

Take and give the sick to eat nine dayes in May, Scabias, Mugwort, Smallage, *Morsia diabeli*, Ivie, Mylfoyle, Wormwood, and Fetherfoyle, stamp all these together, then seeth them, and when they be wel sodden take whites of Eggs, and purge the patient evening and morning.

For a man that cannot digest his meat in his stomack.

Take Centory, and seeth it in water, and drinke thereof warme every night when thou goest to bed. Also take Sage, Rue, Comin, and Pepper, seeth them together with Hony, and eat every day a spoonful thereof. Also drink the wine that Nep hath been sodden in; or seeth Betony in the juyce of wormewood, and drink it with warm water.

For wind in the stomack and bowels.

Take three ounces of Scene, half an ounce of Ginger in powder, Commin, and Anniseeds, three pound weight of both, mingle all these together, and eat thereof every day a spoonful. Also take Calamint, Ginger an ounce

ounce made in powder, with a little Hony,
and eate thereof first and last.

For unkind heat in the stomach.

Take Lettice and drink it with Wine every day, or else eate thereof, and it will take away the heat of the stomach, also to eate Rue every morning is good for the stomach.

For the weaknesse of the stomach.

Take Mastick and Labdanum of each one ounce, take also a dram of the powder of Wormwood, and Turpentine as much as needs to incorporate them together, make a plaister hereof and spread it upon Leather, then lay it to the stomach. It is good to annoynt the stomach with the oyle of Spicknard, and Mastick, or to lay upon it hot bread steeped in good Wine, on the which bread strew the powder of Cloves and Nutmegs. Also it is wholsome to eate afore your meat, Anniseeds, and Fennel-seeds, and when you begin to eate take a toft dipped in sodden wine, or else in good malmie, without drinking of the same wine, except it be a very little draught after meat.

A medicine for the bulke.

Against paine of the members in the bulk, as the Lungs, and other that serve to the breath, and against apilation of the Liver, and milke of the bladder, and paine of the stomach,

Stomacke, drinke the Wine that the root of
Ireos hath been sodden in.

Another for the same.

Take and make a manner of pottage with
barly and water, and put the powder of
Bawm-mint thereto, and give it to the Pa-
tient, and it wil help him.

For the bulke in the stomach.

Use to drink the Wine that is sodden with
Dragagant, it warmeth the parts of the bulke
and clenseth them. Also it warmeth the sto-
mack and the bowels, and is very good a-
gainst the Collick, and to open the milt; al-
so it is very good against the hinderance of
urine, be it either Strangury, or Diffury.
There be two kinds of *Secadors*, that is to say
Arabick and *Cytrine*, and both of them are
proved to the sinews and braine.

For spitting of blood.

For the party that useth to spit blood
caused in the bulke, make Pils of the pow-
der of Dragons blood, and gumme *Arabick*
and *Prysane* that *Dragagant* hath been molten
in, and let the Patient hold it on his tongue
and when it is all relented, swallow it down.
Also for them that spit blood because of the
disease in the bulke, take pils made of the
powder of *Sumac*, and gum *Arabick* confect in
Rose-water. Also for them that spit blood
take hony and vinegar and it helpeth the
same.

Another

Another medicine for the spitting of blood.

Take pills confect with the powder of ummy, and with a little Mastick, and con-
ct them in water that gum *Arabick* hath
en molten or laid in : and hold these pills
thy mouth til they melt, and then swal-
w them down. And if the blood come to
y mouth by reason of the nutritive mem-
rs, as the stomack, the liver, and the milt,
te this powder with a raw Egge, and drink
with the juyce of Plantaine.

Another for the same.

For them that use to spit blood at the
outh, out of the belly and stomack, and
gainst the paine thereof ; take and beat the
ots of Sow-thistle small to powder, and
rink it with wine ; or else take two drams
f the powder of Betony, with Ciats of old
Vine for three dayes, and it wil help the Pa-
ent that is grieved herewith.

For spitting of blood.

Take Ashe, Mints, Rue, and Betony, of
ach a like quantity, and seeth them wel in
ood milke, then give the Patient thereof to
rink and it shal help him.

Another for the same.

Take the juyce of Betony, and temper the
ame wel with Goats milk, and let the party
roubled drink thereof three dayes together.
Also take Smallage, Mints, Rue, and Betony,
and

and give thereof to the Patient to drinke in Goates milke, and let him sup up a good draught at a time, as hot as he may w^{ill} suffer it.

For straightnesse of the breast.

Take a quart of good stale Ale, and quart of fine wort, take halfe a penny-wort of Liver-wort, and halfe a penny-worth of Licoris sliced very fine, and scraped cleane then bruisse it, take also a halfe penny-wort of Figgs, and wash them cleane, and halfe a handful of Ilope, a quantity of clarified Honey, a quantity of Setwel, and three roots of Parsly, and cut them smal with halfe a root of Fennel cut likewise very smal, boyle all these together til halfe be consumed; then use to drinke hereof morning and evening reasonable hot.

For the party that is incumbred in the breast with any kind of fleame or glart.

Take the powder of Betony, and drinke it with warme water, it voydeth and purgeth the fleame wondrously, and doth away the glart or fleame.

For paine in the breast.

Take and gather a good quantity of ripe Sloes, and grind them smal in a mortar, then put them in an earthen pot, and fil it full of new Ale, and so drinke thereof,

Another for the same.

Take Iſope, Parſly, and Sage, ſtamp them and lay them to the breſt of the Patient very hot, Take alſo the marrow of a Calfe, Feegreek, Linſeeds, bray them ſmal in a mortar, and mingle the powder with the yolks of Eggs, then temper all theſe together with ſheſh greace or Oyle, and lay it to the ſore as hot as you may ſuffer it.

For the breſt that is incombred.

Take Iſope, and ſeeth it in a pottle of Vine til it come to a quart, and let the Patient uſe thereof firſt in the morning cold, and laſt in the evening hot.

Another for the ſame.

Take three pottles of running water of a Wel that ſprings, and boyle it to a pottle, then take halfe a pint of Hony, and one pound of the powder of Annifeeds, a pound of the powder of Licoris, one penny-worth of Suger, and caſt all theſe into the liquor, and let them boyle wel, then put it into a veſſel, and ſtop the mouth thereof cloſe that the aire goe not out, and let the Patient drinke thereof in the morning, but not faſting, and at night, and he ſhal be whole.

For the Breſt and the Lungs.

Take a quantity of clarified Hony and boyle it, and when it is boyled put thereto an ounce of the powder of *Enula campana*, and one

one ounce of the powder Licoris, and lea-
them boyle til they be somewhat thick, then
take it from the fire, and when it is cold put
thereto an ounce of the powder of Ginger,
and stir it wel together, and use this first and
last.

*For a man that is stopped in his Breast,
or Pipes.*

Take *Enula Campana*, Ilop, and Licoris, dry
them wel, then beat them in a mortar as
fine as flower, then take Ginger, Anniseed,
Cinamon and Galingal, beat them also, and
when thou hast done, take a quantity of Ho-
ny and boyle it wel, and scum it cleane, then
take the *Enula campana*, the Ilope and the Li-
coris, and boyle them wel together in the
Hony; afterward take the Ginger, Anni-
seeds, Galingal, and Sinamon, put them all
in Hony, and let them seeth together: then
put it in a dish, then take Suger and put up-
on it while it is hot, and eate a quantity
thereof morning and evening, but drinke
not til two houres after, and it wil helpe
thee. Also if you take and seeth Rue in Vi-
neger, and drinke thereof, it wil likewise
help you.

For swelling of the Breasts.

Take Wormwood, Sage, and Calamint, of
each a like much, and stamp them wel, put
thereto a quantity of Vineger, and temper
them

and them wel together : then take white bread,
and toste it til it be browne, and grinde it
small ; then boyle them together, and stir it
that it burne not to, and lay thereof to the
Patients breast as hot as may be suffered.

Another for the same.

Also if a plaster be made of Chesnuts with
Barly meale, and vineger or wine, and laid
to the paps, it wil asswage both the swelling
and the paine thereof.

*For all manner of evils and paine in
the Breast, or the Ribs.*

Take and bruise Mugwort with Vineger,
and lay it to the breast, and it wil be whole
in three dayes. Also take the water that gum
Arabick and Myrrhe hath been sodden in, and
wash the breast therewith. Also take the E-
lectuary called *Diaphenicon* made into pel-
lets, it is very good for the same purpose, as
hath oft been proved.

Also for Drought in the breasts and the
members in it, and for them that be Costiffe,
so that the breast be not stopped, nor the
breath short, lay *Pisilium* in water a certaine
space, and then poure out the water, and
take the same seeds with other cleane water
that is cold, and use it to the patient.

Also take and make a plaster of Knotgras
and Butter, and lay it to the sore breast, and
it helpeth the same.

For Veins broken in the Breast.

Take the root of Camphire and seeth it in water and when it is sodden slice it with a Knife and then hang it in the Sun to dry, this may be kept three yeares in goodnes and vertue, and if a veine be broken in the breast or guts, it wil resound and knit it, and rejoyne it manvellously, if that the powder thereof be taken green with wine or water, or if you fry the roote green like a Frittire with Eggs and Meale, and so eat thereof.

For Impostumes in the Breast.

Take and fill a bagge with meale of Fencel greek, and seeth it in water that Lysmachia and Hollihock hath been sodden in, and lay it often to the impostume of the breast.

Another for the same.

Take the water that Licoris hath been sodden in, or the juyce thereof, and it is very good being used against the impostumes of the breasts or ribs, called the Plurisie.

For blood of the Breasts.

Take two drammes of Leekes-seed and Myrrhe, it stancheth the blood that cometh out of the breast by spitting, although it be grieue to the teeth and throat.

For the Canker in a Womans Paps.

Take picked Garlick, and Rye-meale, or Barly-meale, and bray them together with Vineger, til they become as thick as a plaister.

the

then lay it to the sore til it be white, then take Pimpernel and beat it smal, and put thereto life Hony, and lay the plaister to the sore pap, and it wil heale it faire. Or else take the senne of a white Goose, and the Juyce of Ellidony, and bray them wel together, and lay it to the pap, and it wil kil the Canker, and heale it soundly.

Another for the same.

Take Wormwood, and the white of an Egge, and skin it, then temper it with oyle of Violets, and let her blood on the veines about the paps.

For the Fester in the Breast.

Take the juyce of the root of Fox gloves, and temper it with mans urine, and wring it through a cloth, and wash the sore oftentimes therewith, and it wil cure it.

To make a Woman to have soft Breasts,

Let the party that desireth to have soft breasts, drink in Ale Nettle-seed and Salt, and it shal quickly help her.

For a Woman that hath her breasts ranckled.

Take Linseed, and bray it with the white of an Egge, and lay it on her breasts, and then take the juyce of Ashe, and of Rye-meale, and lay it on her breasts, and let her drink the juyce of Vervaine, Fennel-seed, and Amber.

*For to make a Drink for Womens paps that
are rancled, and be ful of acbe.*

Take Groundsel, and two times as much
of Brouswort, and wash them both, and
stamp them, and temper them with staled
Ale, and straine it through a cloth, and give
to the Patient thereof first in the morning,
and last at night.

For the Evil swelling in a Womans Breast.

Take Oke apples, and stamp them to pow-
der, and put them in oyle of Roses, and lay
it to the swelling: or else take the juyce of
pety Morrel, and Daisies, and the dregs of
vineger, and a hard Egge sodden with thee
chel, and Barly flower, and so make thereon
a plaster, and lay it on the sore.

For Biles on a Womans Breasts.

Take the juyce of Morrel, the oyle of an
Egge, and Beane-flower, make thereof a
plaster, and lay it cold thereto.

*For a woman that desireth to have great plenty
of milke in ber breasts.*

Let her take the juyce of Vervaine or Fenc-
ed, and use to drinke oftentimes thereof,
and she shal have great plenty of milk. Also
if she drinke the broth that Whitings have
sodden in, it is very good for the
same purpose.

*For paines in the Breast with over
much milke.*

Take very cleane water without any gravel in the same, and mingle it with Vineger, and the yolke of an Egge, and a little Saffron, then lay it upon a cloth plaster-wise, and lay it to the breast, and when it is dry take it away, and lay another in the place.

Another for the same.

Take Vineger and Hony boyled together, and spread it upon a cloth, then lay upon it a little powder of Comin, it wil asswage the milke,

For the milk that is curdled in a womans breast.

Take Wheate mingled with Rue, and sodden in water, and lay it to a womans hard breasts that be curdled with milke, and it wil soften them.

Another for the same.

If the seeds of Lentiles be mingled with water of the Sea, they be good for milk that is curdled in womens breasts.

For the Heart-burning.

Take a crop of Fennel and chew it in thy mouth, and suck the juyce thereof, then spee it out, and take another; use this very often, and it wil help him that is heart-burnt.

For the paine at the Heart.

Take Century and seeth it in stale Ale, and when it is wel sodden stamp it in a mor-

H. 3 ter,

ter, and seeth it againe with the same liquor, then clense it through a cloth with two spoonfuls of the iuyce, and three spoonfuls of Hony, and then boyle it wel together againe, and put it in a box, and give it to the Patient every day three spoonfuls fasting till he be whole, and this shal doe away the glut from him, and make him have an appetite to his meat.

For weaknesse of the Heart.

Take Rose-water, and mother of Pearle beaten smal to powder, and mingle it with Suger, and give it to the Patient to drinke three or four dayes, and he shal be whole.

For faintnesse at the Heart.

Take the filings of Gold, and the powder of the bone of a Harts heart, and mingle them with the iuyce of Borage, and Suger made in sirop, for it is very good for lowering.

For all sicknesse about the Heart.

Take Rosemary, Ilope, Centory, Betony, and Iris, and seeth them in faire water, and straine the water, and the iuyce of the herbs, and put thereto Hony, and boyle it againe, and scum it, and put thereto as much butter as hony in the seething, and mingle them together, and take it downe and cover it wel, and drinke thereof at evening hot, and in the morning cold.

An Electuary for the Heart.

Diantes : this Electuary is good for the heaviness in the Heart, and for feebleness of complexion in a mans stomach, for the Cardiake, and for the bad Lungs, *Et alia causa.*

For evils at the Heart.

Take Hartwort, Galingal, Harts tongue, and Savine, stamp them, and wring out the juyce, and temper them with good Wine, a good quantity of Roses, and give it to the party so grieved to drinke first in the morning, and last at night, and he shal be whole God willing.

A Sirop for the paine of the Heart.

Take and stamp Betony, and herb Benet, Horehound, and Vervaine, sceth them in faire water to the third part, then put thereunto hony, and make thereof a sirop,

For all Diseases in a mans Heart.

Take Sage, and Mints, by even proportion, seeth them in white Wine, and make a plaister thereof, and lay it to his heart til he be whole : take also the Wine that it was sodden in, and give it to the Patient to drinke evening and morning, and he shal have good desire to his meat within six dayes after at the furthest.

For to comfort the Heart.

Take the powder of Setwall, and put in

the sick mans meat, it comforteth the heart, and is very good for them that have weak hearts, and be disposed to fowning,

Another for the same.

Temper the Patients Wine with water that Spicknard is sodden in, and with the same water make a sirop, and let the sicke drinke thereof, it is good against the disease of the Heart, and Sowning. And for the weakness of the braine smel it at thy nose; also teethe the flowers of Rosemary leaves mingled with Rose-water, and give it to the Patient to drinke.

Another for the same

Take the juyce of Rosemary leaves mingled with Rose-water, and a little of the juyce of Panay, and make sirop thereof: it wil also be good if some of the bone in the heart of an Hart be put thereunto, and given to the Patient.

For pained in the Heart.

Take the powder of Galinga', with the juyce of Borage, and the seeds of Ireos, with the milk of a Goat, and drink it warme: it wil assuage the paine of the heart.

Another for the same.

Take the powder of Cannel, with the powder of the leaves of July-flowers, it is very good against the passion and fowning of the heart, being given to the party.

Against

Against the passions of the Heart.

Take and make sirop with the juyce of Borage, and put thereto of the powder of the bone in the heart of a Hart.

Also take Buglosse, and eate it often either raw or sodden, it driveth out the noysome humours.

Also against the passion of the heart and fowning, take sirop made with *Cassia ligna* and Roses, and the bone of a Harts heart, and give it the sick to eate.

For feeblenesse of the Heart.

For them that are weake in the Heart, and doe take their breaths in manner of sighes, take and give them the juyce of Bugloss with hony, and it shal help them.

Against the fainting of the Heart.

Take and make pills with a dram of Amber, and an ounce of *Lignum Albes*, and two drams of the bone of a Harts heart beat to powder, and beat the pills in Rose-water, and give two or three of the said pills to the Patient when he goeth to bed.

Also to take the quantity of foure drams of *Cucubes*, with the juyce of the root, or the leaves of Parsneps, is very good.

Also for them that be faint at the Heart, or be like to fown, give them Rose-water for to drinke, and also bedew their faces therewith. Also if the faintnesse come from the
Braine

Braine or Liver, or paine of the stomack caused of cold : take two Wheat cornes of musk in wine, and it wil help the same.

Against Sowning.

Against sowning and faintnesse of the heart : take Rose-water, that the Herb Bassel is sodden in, and for the same take wine that the herb is laid in all night.

Also against sowning take the powder of Roses, and put it into a reare Egge.

Also take the powder of Ginger in your meats, and it is good against sowning.

Against sowning : make sirop with the juyce of Borage, and Suger.

Also against sowning of the heart coming of cold : take and seeth the herb *Cardamomum* in sweet smelling wine, with a little Rose-water, and use it.

For sowning.

For sowning and weaknesse of the Heart, be it in Feavers, or Sickneses; or if it come of either cause, stamp Mints with Vineger, and a little wine : if the Patient have no Feaver, then tost a shiver til it be almost burnt, and put it therein til it be wel steeped, then put of it in his nose, and rub his lips, his tongue, gums, teeth, and the temples, and let him chewe it, and suck the moistnesse thereof, and swallow it.

For the paine of the Lungs.

Take Figs, and let them be sodden with Isop: they cleanse the Lungs, and heale the old Cough.

Also take the root of the wild Rape, and seeth it with Licoris, and the water that it is sodden in given to the patient to drinke, is very good to cleanse the Lungs.

Also take the herb Southernwood, and mingle it with Isop, and sodden in wine or water, make it sweet with Sugar, and so drunken is very good for all diseases of the Lungs, and the breast: when sicknesse cometh of cold annoynt the breast.

Another for the same.

If you take the broth of Crevis, it is good for paine in the Lungs, named *Perpleumonia*, or consuming of a man, called *Ptofsis*, because when a man hath a swelling about the lungs, then he cometh to drinesse, and consuming of the natural moysture til he dyeth.

For the Liver and Lungs.

For the Liver and the Lungs wasting with over unkind heats, take water made of Borage and of red Fennel roots, Ach, Isop, Endive, Betony, Calamint, Lettice, Nutmegs, Mace, flowers of Camomil, Cloves, Anniseeds by even portions; one ounce of Licoris, and Anniseeds halfe a pound, make of all these herbs and spices a water, and it shal restore you marvel-

marvellously, and if you cannot get all these herbs, then take the more of Borage. Also to restore his kind, make a confection of the flowers of Borage, and of red Roses with the foresaid spices, and with Sugar.

For the heat of the Liver.

Take *Spodium & eborii* in rose, Coral, Barly meale, *Triacendaly* three penny-worth, mingle all these with the juyce of Endive, St. Mary berry, and Housleek.

Another for the same.

Take red Roses, *Sandalorum cum Ivory*, and water of Lillies an ounce, stamp them small and put thereto Barly meale, and the juyce of Marigolds and Vineger, and the juyce of Wormwood, and make a plaster thereof, and lay it to the Liver.

For chasing of the Liver, and of the Spleen.

Take yellow Rubarbe, Barly meale, and Vineger, and temper them together, and make thereof a plaster, and lay that plaster to a mans right side, let him blood in the veine of the Spleen, and give him to drinke in Winter Sugar rosat, and in Summer Scabious.

For the chasing of the Liver:

For the chasing of the Liver, and opilation of the Milt caused of humour, take Rubarbe with warme water, but it is better to mingle it with *Trifera sarazenic*, and this you may

use:

se with it the juyce of Endive, and give it to the Patient.

Against chafing or heat of the Liver, take and wet a cloth many times double, and lay it to the Liver.

Also take and annoynt the Liver with the oyle of Roses, for the chafing of the Liver.

Also the oyle of Violets is good against the chafing of the Liver. Proved.

Against the chafing of the Liver, scrape the uppermost of the Gourd. stamp the said scraping, and wring out the juyce, and put Vineger thereto, wet a cloth therein, and lay it to the Liver outwardly.

Also take Endive, and lay it in water, and use it in your brothes for the Patient so griev'd.

For the heat of the Liver.

Take Fennel, Endive, Succory, Plantain, of each a like much, and distill them with red wine, or milk, and use it every morning nine spoonfuls at a time, with a draught of wine and Suger, or else five spoonfuls thereof alone.

For the Liver wasting, which causeth a scabbed face.

Take three gallons of sweet Wort, and put thereto foure handful of Liverwort, and foure handful of Violets, two handful of Harts tongue, foure handfuls of Marigolds, foure

four handfuls of Mattelen, and stamp all these together, and boyle them a pretty while in the wort, then take them up, and when they are cold straine them, and put thereto Barly meale : use this fasting at night the space of a moneth, then take an oyntment that is made for a dry scab, and therewith daily annoynt thy face, and using this drink aforesaid the party shal find help.

For the unkind heat of a mans Liver, which causeth his colour to wax yellow.

Take the water of Chiccorie, and the water of Lettice, and the water of the leaves and small branches of a Moryel tree, take the herbs and stamp them all together, as much of the one as of the other, and take the juyce thereof, and as much Suger as will suffice, boyle all these together till they be as thick as a sirrop, and put unto the same a poys and a halfe of Rhubarbe, and use a quantity of this sirrop in cold water every day fasting, till he be whole.

For the Liver that is corrupted and wasted.

Take a quantity of Liverwort, and bruise it a little, then seeth it in good strong wort with a quantity of Rhubarb, and use this medicine till thou be whole.

A drinke for the Spleen.

Take Harts-tongue, wild Hoppe leaves, and Borage, with the flower of Fumitory,

and Parsly roots, seeth them in Whey, and clarifie them with the white of an Egge, and straine it, drink thereof morning and evening, and so continue a fortnight, and it will help you many wayes.

A Plaister for the Spleen.

Take three or foure Hollihock rootes, two handfuls of Mallows, and seeth them well together, then stamp the rootes by themselves, and straine them with the same water wherein they were sodden, then stamp the Mallows together with the ioyce of the Hollihock roots, and put in eight or nine Figgs, and two ounces of Suger, a little leavened Bread, and halfe a dish of sweet Butter, then lay part of the same upon a woollen cloth, and as hot as may be suffered lay the same to the side, and roule it very fast with a strong rowler, and every day once renew the same with a fresh plaister very hot, untill such time as the party be wel.

Another Plaister for the Spleen.

Take Wormwood, Mallows, Cammille, and Melilot, of each of these a good handfull, boyle them in faire water till the liquor be halfe consumed, then put unto the same halfe a handfull of Wheat bran, or more, and boyle it to the thicknesse of a plaister, then quilt it, and as hot as you may suffer it lay it to your left side.

An

An Alebury for the Spleen.

Take a pint of Ale clarified, and put there-
in a crust of bread, then take the powder of
Gentiana, Spicknard, Galingal, of each two
penny-worth, let them have a boyling or a
walme, then take it off the fire, and drinke
thereof morning and evening, and it wil cure
the Spleen.

A restorative for the Liver, Lungs, and Spleen.

Take two parts of Fennel, and three parts
of Hony, seeth them together till they be as
thick as an Electuary, and let the sick use it
morning and evening.

For the Stopping of the Spleen.

Take the Elder root, and seeth the same in
white Wine until the third part thereof, and
drink of the same, and it cureth the Spleene
marvellously.

Another for the same.

Take the Lungs of a Foxe, and make it into
powder, and use to drink thereof, and it
wil certainly cure the Spleen.

For the Spleen, a good experiment.

Take two pound of Bores greace, and two
pound of ashes made of Ashen wood, and one
gallon of faire running water, and seeth
them all together till halfe be consumed,
then straine them through a cloth, and let it
stand all night, and in the morning fleet
the greace, and cast away the water, and
mingl

Mingle the greace wel together, and put it in a boxe, and therewith annoynt upon the Spleen. You must likewise give the Patient this drink following : Take the rootes of young Ashen Plants, and a good quantity of Wormwood, and seeth them wel together in a gallon of Wine til the one half be wasted; and let the Patient drinke thereof in the evening hot, and in the morning cold; and let the Patient use this oyntment, and drink of this drink the space of nine dayes, and it will help him : Proved.

Another for the Spleen, proved.

Take the inner rind of the Ashe tree, stamp it, and seeth it in Wine, and it wil doubtless help the Spleen.

For the heat of the Liver.

Take the juyce of soure apples, and sweet apples, of each a pint or more, and two pound of Sugar, and mingle these together, and let it boyle on a soft fire till it be as thick as a sirrop, and use of this a little every day fasting, being made luke-warme at the fire.

To purge the Liver of choler and salt flegme.

Take the weight of a gold Noble of Rubarb, and cut it in smal peeces, and a halfe penny-worth of Spicknard, and the weighe of two groats of Sene in the cods, lay all
1 these

these in foke in nine spoonfuls of Whey, by the space of twelve houres, and so give it too the patient.

For the Liver that is chafed.

Take and use Saunders in thy pottage or broth, and drink it, and wash thy right side with cold urine, but first boyle it and scum it, and put thereto vineger, and lay it to thy right side, but not hot, for it wil chafe the Liver.

For wasting of the Liver.

Take Water-creffes, red Fennel, and Sorrel, boyl'd with a Chicken in a pot, and use it nine dayes together.

Another for the heat of the Liver.

Take a quart of Barly, and put thereto a gallon of Wel water, and boyle them together til the Barly be as soft as any Wheat or Furmety, then straine it through a cleane cloth, and take the same water, and put thereto as much good wort, with a pennyworth of Licoris beaten, but not to powder, and take a good handful of Isop, and a good handful of Sage, and boyle all these together til the one halfe thereof be wasted, then straine them againe through another cleane cloth, and that which cometh forth put it into a cleane vessel, and let it stand a day and a night, and drinke of the same first in the morning, and last at night when you goe to bed.

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For stoppings in the Liver, and the Milt.

Take and seeth Hartst-tongue in water or wine, and drink it : or if the herb be eaten it is very good for the same. Also to unstop the pipes of the Liver and the Milt, take Smal-lage and seeth the same with a like quantity of Elder leaves, then straine it, and drink the broth thereof.

Another for the same.

If you use to drink the juyce of Chiccorry, it openeth the opilation of the Liver and Milt caused of heat. Or if you take the Wine that *Silios* hath been sodden in, and drinke thereof fasting, it is a very good medicine against the stopping of the Liver, Milt, and Reines, and against the let of urine.

Another for the same.

Take and drink the wine that wild Time hath been sodden in, and you shal finde it very good against the stopping of the Liver, Milt, and Reines, and the hinderance of urine, as hath oft been proved.

Also if you take the juyce of the herb called wild minte with Hony, and the VVine that it hath been sodden in, it is very good to unstop the conduit of the Milt, and the Liver, and Urine.

Against the opilation of the Liver, the Milt, the Urine, and the Bladder, use the decoction of *Cassia Ligna*, or the fir-rop.

rop that it is made with.

To use also the juyce of Night-shade madee in firrop with a little Suger, is very goodd for the Liver and the Milt.

Also if you make firrop of the juyce of Fennel, and the decoction of the herb called Dawk, it is good against the stopping of the Liver, and the Milt, and against the Dropsie.

For the Liver and the Milt.

Against the opilation of the Liver, or the Milt, take *Aloe Hepatick*, with the juyce of Smallage, warme; or make a decoction of the roots of Smallage, Parsly, Fennel, Bom-wort, and Spurge, with two drammes of Mastick, and use this two or three times in the week til you be wel.

Another for the Liver and the Milt.

Also who so useth often to eat the herb Cher-vel, it causeth the stopping of the Liver and the Milt to cease. Or if the Patient take the seeds thereof and make them into powder, and afterward either eate or drinke of the same, it wil help him,

Also if the juyce of Wolff-thistle be drunk with Wine, it is very good for the Liver.

Also to drink the water that Lovage hath been sodden in, is likewise good for the Liver, and the Milt.

Also

Also against the stopping of the Liver and Milt, take the powder of Barberies, with the juyce of Morrel, and drinke often of the same.

For the Liver, Milt, Reines, and Bladder.

Against the opilation of the Liver, Milt, and Reines, and the hinderance of urine, take and seeth the herb *Germander* and *Camphire* in oyle, and lay it to the place where the party is grieved. Also take an Electuary confect with Hony, and two parts of these herbs, and so use it.

For the Liver, the Milt, and the Jaundise.

Against the opilation of the Liver, Milt, and Jaundise, take the juyce of Wormwood and Sorril, or else make them in sirrop, and use it with warme water : also against opilation of the Milt, take the juyce of Wormwood, and the powder of Costy, it is also good for the same.

For all paines in the Milt.

Take of the drink that Gold hath beene quenched in red hot, and it helpeth the paine in the Milt.

Also an oyntment made of *Assa Armoniac*, and wax, softneth the hard Milt, and it dissolveth the milk curdled in the paps.

Also make juyce with Smalage, and put hereto oyle and wax, and confect it into a sirrop.

Also

Also for the Milt, take Armoniac, & Galbanes, of each of these a like much, soften them well in vineger, and with wax then put thereto, powder of Coast, and Wormwood, make thereof an oyntment, and use therewith to annoynt the place against the Milt, and it wil help the same.

Also take Egrimony, and eate thereof oftentimes, and it healeth the paine of the Milt.

Against the opilation of the Milt or Dropsie, take the wine that *Abrosiana* hath been sodden in, for being oft-times drunk, it healeth the paine of the Milt coming cold.

Also against the ache of the Milt, drinke the wine that *Betony* hath been sodden in, and it profiteth.

Also make an oyntment with the herb called *Beares-foot* beaten, and then lay it long in oyle, and with waxe make an oyntment, the leaves ought to be used while they be green.

Also the herb *Amies*, with the roots of *Cicats* in wine helpeth much the paine of the Milt.

Also for the Milt and Liver, take the iuyce of *Fennel* sodden in an apple, and take the powder thereof.

Also for the paine of the Milt and Liver,

er, take the wine that *Coperis* hath been
sodden in.

Also for the paine of the Milt and the Li-
er, drink the wine that *Cassia ligna* hath been
sodden in.

Also for the paine of the Milt and Liver,
ake the Electuary that *Diocostum* hath been
sodden in.

Also use a dram of Camomile in powder,
with Wine forty dayes. Also use to drink the
wine that Hony-suckles hath bin sodden in.

Also seeth Ivie in wine, and then straine
out the juyce, and drinke thereof, it help-
eth greatly.

Also the water that the root of Fearn hath
been sodden in is very good for the same.

Also you may use the water or wine that
the rinde of Fennel roots hath been sod-
den in.

Also the water or wine that the bough of
an Ashe hath been sodden in, is good for this
purpose.

For to soften the Milt that is hard.

Take the root of the wild Vine, and stamp
it with Porkes greace, then melt it on the fire,
and straine it, and take meale of Linseed, and
boyle, and put thereto; and this oyntment is
very good for the hardnesse of the Milt and
Liver, and to ripen Impostumes.

Another for the same.

Take the rinde of the root of Hore-hound, and steep the same a fortnight in Wine and Oyle, and then let it be sodden and strained, and in the straining put thereto water and oyle, and make thereof an oyntment, and use the same at your need for this purpose.

For ache in the Guts and Belly.

Take the powder of Mugwort, and let it be drunk with wine and hony, it easeth greatly the ache in the bowels, and is good against divers other diseases. And for the paines in the guts, take a ciate of the juyce of Cloot leaves, and it wil ease thee.

For paines in the Belly.

Take and stamp Mugwort, and lay it to the belly, it helpeth the same marvellously, take also an ounce and a halfe of VVartwort with as much wine, and it wil likewise assuage the paine in the belly.

For the paine in the Belly.

Take and make an Electuary of Hony, and seeth it with water to keep it from cleaving to, then put to the same two ounces of Hermodacts, and one ounce of Fennel seeds, and give thereof to the party so grieved that hath the paine in his belly, and it wil help him. Proved.

For the paine in the Belly.

Take wild Time, and seeth the same with wine

wine and oyle, and it is very good against the paine in the belly. Also if you take the braine of a Hare roasted, and eate thereof, and drink some good wine afterward, it is good for the paine in the belly.

For the paine in the Belly.

Take three pints of Malmsey, and a handful of Oris powder, and a handful of Commin, with a handful of Red-rose leaves dried, a handful of Camomile flowers, and one dishful of VVheat bran, seeth all these together, and put them in a bagge, and make it plaster-wise, then lay it to the belly of the patient somewhat warme.

For the griping or pulling in the Belly.

Take halfe a pint of Malmse, a big root of Tormentile, and grinde the root into powder, with a little Treacle, and make it blood warme, and so give it to the party to drinke. Or else take a penny pot of Malmse, and a little Treacle, and two penny-worth of Myrrhe, and grinde it to powder, and so put the Treacle and Myrrhe into the Malmse, and make it reasonable warme. and give it to the patient.

Another for the same.

Take a little quantity of the earth that worms cast up out of the ground (which most commonly you shal finde in some soft foot-path

pathway, or else in some Garden-path) and when you have gathered the same, mingle therewith a like quantity of Hony, and give the Patient halfe a spoonful in the morning, causing him to fast two houres after : this within four mornings eating thereof, wil certainly help the same, as hath been by sundry persons proved.

*To breake wind in the Belly, and for
Wringing in the same.*

Take Comin-seeds, Fennel-seeds, Anni-seeds brused, and seeth all in wine, and drink thereof in the morning, at noon, and at night. Also take Pellitory and boyle it in broth, and give the sick thereof to drink.

*For Women that have very great bellies,
being not with childe.*

Take a handful of Isop, a handful of Herbage, a handful of Arsmart, and seeth all these herbs in a quart of Ale til it come to a pint, then preserve the same in a glasse, and give the woman so grieved a quarter of a pint at once, first in the morning, and last at night.

Another for the same.

Take Savoury and stamp it, and put there-to good Ale, with a little Jet and white Amber made into powder very smal, and give the woman thereof to drink with the Savoury ; also make a plaster of Savoury, of Isop, and of Leeks fryed with fresh Butter, and lay

it to her belly, and to her reines, and she shall be whole.

For a Woman whose wombe is hard.

Let the party grieved drink the juyce of VVaybread with old VVine, and she shall be eased.

Another for the same.

Take Cinquefoyl, that is to say, five-leaved Grasse, and stamp it, and straine it with hot Milk, and give the woman thereof to drink, and it wil help her.

For a swolne or aking Wombe.

Take the juyce of Rue, and let the Patient drinke thereof with VVine or Ale, and it wil helper: Proved. Also take Southernwood, Tansie, Rue, and eate them with salt, and she shall be whole.

For to unbind the Belly, and the Wombe.

Take Hony and seeth it til it wax blacke, and put thereto powder of salt, and mingle them both together, poure it upon an even stone, or some other even thing, and then being made an oyntment put thereof into the parties fundament, and it wil cause him to goe to stoole very wel,

*Sundry other Medicines for to unbind
the Belly.*

Seeth the root of Mulberry in water, and drinke thereof, and it wil loosen the Womb
and

and the Belly, and drive out the worms that be rough and short.

Also you may use a Gargarisme of vineger and water, wherein *Assa fetida* hath been sodden, it abateth the swelling of the wombe or belly.

Also if you lay the leaves of Hollihocke very hot upon the Wombe, it helpeth the same.

Also you may use the wine that Rosemary and Commin hath been sodden in, against the ache of the Wombe.

Also to take Peares and dresse them in your meat, comforteth the Wombe, and unbindeth the same.

For to loose the Belly and Wombe.

Take the juyce of the herb called *Britannica*, as much thereof as you think necessary for the strength of the Patient, and it wil loose the Wombe without any danger. Also if you take Mallows and seeth them, and make pottage of them, it looseth the Wombe, as hath been oft proved. Also the heads of Leeks being sodden in the oyle of sweet Almonds, or of oyle Cockil, called *Zizanium*, looseth the Wombe, and keepeth it moyst.

Against Wormes in the Belly.

Take and make Pancakes or Fritters of meale, with the leaves of smal Tapsebarb, and eate thereof, for they are very good against

Against VVorms in the belly. Also the juyce
of Scabius being drunk, is very good for the
same. Also a plaster made of parcht Beanes,
with a little Vineger, Mints, and VVorm-
wood, and laid to the Navel, is good against
the VVormes in the VVombe. Likewise the
juyce of Plantaine being drunke, killeth
VVorms in the wombe. The juyce of Mints
and of Horehound being drunke, doth the
same.

For Worms in the Belly.

Take Betony and Savine, and dry them,
and make powder of them, and let the pati-
ent drinke thereof in hot water, and as soon
as the powder is in the belly it wil kil the
worms, and bring them out, on warrantise:
Proved.

Another for the same.

Take Sengreen, Fetherfu, and Mints, stamp
them, and drink the juyce thereof in warme
wine, and it wil kil the VVorms, and bring
them out.

For Worms in the Belly.

Against VVorms in the Belly, take Gar-
lick, Pepper, a little parsly, and the juyce of
Mints, make of them sauce, and wet your
bread therein. Also for VVorms in the belly,
make pils of Galbanum, and annoynt them
with Hony, and use thereof. Also for the
VVorms in the belly, take *Armoniacke* made
in

in powder, with the juyce of VVormwood, and Arsmart, and it will help the same.

Against the Flux of the Belly.

Take smal Raisens, and use to eat of them often with your meat, it taketh away the belching, and helpeth greatly to stop the Flux in the belly.

Also for the Flux in the belly, let the Patient take the root of Tormentile and stamp it, and straine out the juyce thereof, and drink thereof warme with the water of Plantaine, and it will help him.

Also, if the party grieved take the roots or beards of Leekes dried on a hot Tilestone, and receive the smoke thereof beneath, it is good to close the flux of the belly.

Also the juyce of the crops of Bryers taken with a glister, is very good for the same purpose.

Also the juyce of Sloes given to the Patient to drink in wine helpeth the paine thereof.

The powder of five-leaved Grass, being put into the juyce of Plantaine, and given unto the Patient to drinke thereof fasting, stoppeth the flux in the belly.

A very good experiment to stop the Flux of the belly.

Take the roots of Fearn, Roses, will
Cresse.

then put them in a cloth, and lay them very hot to the parties side, and it wil help the Stich. Proved.

For broken Sides.

Take and stamp the roots of Mallows, and put thereto the blood of a Goat, and fry it together, and lay it hot to the Side, renew it but once in three dayes.

For sore Sides Within, or without.

Take Alifanders, Parsly, Lovage, red Fennel, Smallage, Burnet, and Gromel, and seeth them in white Wine til the one halfe be consumed or wasted, then straine it, and let the patient drink thereof first and last, in the evening cold, and in the morning hot.

An Oyntment for sore Sides.

Take a handful of Mallows, a handful of Groundsel, a handful of Sowthistle, as much of Nightshade, a quantity of Vervaine and Dil, these herbs must be stamped as small as may be, and tempered wel with *May Butter*, or *Sheeps Suet*. over the fire, and so make it an oyntment, and annoynt the body or side that is stiffe by the fire, the oftner the better. Proved.

For the Impostume in a mans Side.

Take Wormwood, Mint, Calamint, herb Bennet, Mallows, Chervil, Sage, Rosemary-flowers, pound them together, and put thereto *Commin*, and crumbs of leavened Bread,

Bread, and boyle them in Wine or Pisse, and make a plaster thereof, and lay it to the Side.

For the Impostume in the Sides.

Take Rue, and drink it often-times. Also stamp Figgs with oyle Olive, or with greace, and plaster it to the sore side.

Another for the same.

Take the juyce of Scabious, and halfe pound of the powder of Coral, and mingle them together, and drinke thereof a good draught, and it shal breake the Impostume of the Side.

Another for the same.

Take March Radish, Rue, Wormwood, Centory, Savine, stamp all these together, and drinke it fasting, and thou shalt breake the impostume inwardly, and avoyd it outwardly.

For Ache in the Side or Ribs.

Take and annoynt the Sides and Ribs with the juyce of Knot-grasse, and with the oyle of Roses, and it wil help them.

For Ache under the side.

Drink Sage with Wine a little warme, and it wil ease the Ache under the Sides, and of the Wombe, and it is good for the Droisie, or the Palsie. Also Chervile drunk with wine, easeth greatly the paine in the Sides.

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For all Diseases in the Sides.

Take Worts, and make balls thereof being
pdden, and grinde them to powder, and
rew them in a new earthen pot, and after
that gather them together with Hony, and
near them wel together, and make a plaster
for the sore side.

For Womens sides that be sore.

Take Hilwort, Alifander, Parsly, Lovage,
d Fennel, Radish, *Enula campana*, and seeth
l these herbs together in white Wine, from
pottle to a quart, and let the Patient drink
ereof morning and evening til the paine be
one.

*For the Plurisie, and for such as are used to be
let blood, to save them from letting of
blood, and to dissolve all
ill blood.*

Take Rye bread, and cut it in smal shivers,
d set it in the wind for to dry, and when
e shal be pained with the Spleen, put the
ead in the strongest Vineger that you can
t, and let it steep therein foure houres, til
be wel foked, then set it on the fire and
th it together, and make a plaster there-
and lay it on the side whereas the grieve
as hot as the party may suffer it, and it shal
olve ill blood, and take away the paine in
eir ordure, this hath been proved for the
urisie.

A notable Plaster for the Plurisie.

Take the roots of wild Mallowes, the greace of a Hogge, the greace of a Fox, arm of a Goose or a Ducke, of each a like much but not above an ounce of either : of freest butter halfe an ounce, of *Terbintbium* halfe an ounce, of the fat of Veale six drams, the oyle of Dil halfe an ounce, of the marrow of a Deere halfe an ounce, the powder of the seeds of Flax, Vineger and Bay-berries of each three drams, and eight Figgs, boyle all in a mortar, then put all in a pan, putting Flax therein to binde it together, and stir with a stick upon the coales, then take the whole, or part thereof, and spread it upon Leather, and cover it with Silke, and baste with Thread like a quilt, and so apply the plaster to the place so grieved, as close as may be, and by Gods grace you shal finde great ease. Proved.

For the Ache in a mans back.

Take Burre roots, and make them cleane and stamp them, and temper them with Ale, and boyle it wel, and straine it, and drinke thereof in the morning cold, and at night hot.

For the paines of the Back, of either Man or Woman.

Take Walwort and seeth it, and presse out the water, and bray it in a mortar, then

with Sheeps tallow, and put thereto cleane
an, and plaster it to the back either of Man
Woman, and it shal help them by Gods
acc.

For the Reines of the backe.

Take two new laid Eggs, and put away
the white, and fil the shel with the juyce of
Marry, beat it wel and straine it, and stirre
the yolkes and the juyce together over a
low coales for the time it is boyling, and
then take one and cut it, and use this nine
dayes fasting, and it shal strengthen your
reines, and comfort Nature, although the
patient be right feeble; it hath been proved.

For a sore Back.

Take Mallowes and seeth them in faire
water, and lay it upon a red cloth to the Sore,
hot as yee may suffer it.

Another for the same.

Take kernels of Hasel Nuts, and the dung
of the house Pidgeon, and May butter, stamp
them together, and it wil make any Sore for
breake, and to heale, and is good for the
great paine in the back. Often proved.

For the Reines of the Back.

Take two Gallons of strong Pisse, and still
and take a handfull of sappy Sage, and
emlocks, Mallowes, Rue, Egrimony, Sca-
mous, and still all these together to a pint,
and when it is stilled, put thereto four spoon-
fuls

fuls of oyle Olive : this is made principally
for the Reines of the back.

For the Reines, a Drinke.

Take the juyce of Betony, of Wine an
ounce, and of the Betony a spoonful, and
the powder of Pepper, mingle these toge
ther, and drink it for three dayes fasting.

*For the wasting of the Kidnies, and for
paines of the Back.*

Take a handful of Plantaine, a handful of
Parsly, a handful of Betony, a handful of
water Betony, a handful of Sorrel, a dozen
crops of Rosemary, seeth these in three
pints of Ale til it be wasted, and straine them
and put thereto a pint of Sack, and a good
peece of Suger, and burne it wel together, and
so give it to the party all hot evening and
morning : Proved.

For the Whites, or running in the Reines.

Take white washed Turpentine, and make
it up in balls like Pils, then take Cinamon
and Ginger, and rowle the balls in it, and
take them as you would doe Pils morning
and evening : Proved.

For the Whites,

For the Whites or weaknesse in the Back
take an earthen vessel, and put in it a quart
pot of faire water, wherein you must quenche
two or three gads of Steele being red hot
then steep therein an ounce of Lettice-seeds

square

pure and twenty houres, then straine the
same, and seeth it halfe away, and scum it
very cleane, and keep it in a covered cup, and
drink this morning and evening with pow-
der of Ivory.

Another for the same.

Take Archangel, and seeth it in drink, and
drink it morning and evening, it is very
good, the red for the Woman, and the white
for the man.

For all manner of Aches in the Back.

Take Egrimony, Mugwort, both the leaves
and roots, and stamp them with Swines
greace and vineger, and seeth them, and lay it
to the back.

Another for the same.

Take a good quantity of Peniroyal, and put
thereto vineger, and oyle Olive that is green,
and lay it to thy back plaster-wise.

*For him that hath lost his Complexion
from the Back.*

Take Linseed and stamp it smal, and tem-
per it with Goats milk, and straine it all
warme, and drink it three or foure times
a day, and thy complexion wil come a-
gaine.

For the paines in the Back.

Take Unguentum rosarum, and chafe your
back morning and evening, and lay to this
plaster following : Take Fetherfu, Tansie.

Housleek, of each a handfull shredded and stamped fine, then fry them wel together with a saucer-ful of Honny, and two ounces off Doves dung, of the newest you can get, when it is thick like a plaster, put it in the end of a smal sleeve, and so lay it to your backe all warme.

For all manner of Ache in the Back.

Take Smallage, Egrimony, Mouseare, and stamp them all together, but wash them wel first, and temper them with Ginger, and fry them wel in Bores greace, and make a plaster, and as hot as the sick may suffer, lay it on the Ache, and he shal have ease.

Another for the same.

Take Lilly roots, Camomel, Anniseeds, and stamp them all together, and fry them in Bores greace, and put a little Wine thereto, and in manner of a plaster lay it on a cloth, and bind it fast to the back or reines all hot, and after three or four dayes remove it, with renewing of the plaster thereto, with more fresh.

For the running of the Reines.

Take Pellitory of the wall and stamp it, and straine it, and drink it with Malmsey or white Wine, or Ale. and doe this often till that thou be all whole. Also if the Patient make a Tansie of Clary, and cate thereof, it

ver

very good for the same Disease, as hath been proved.

For Womens termes.

Take Selondine, and let a woman put it in her hose under the soles of her feet, and it wil help her.

Also Mollet leaves, and the red flowers of Hollihocks are very good for this purpose.

Also the great leaves of Burres being sodden in strong Ale, and this same afterward drunk, is very good.

For wasting of Nature.

Take a pint of Malmisie, and put thereto a penny-worth of Sinamon, and another of cleane Mace, and boyle them over the fire with the Wine, but first make powder of your spices, then take Treacle as much as a Damsion, and put thereto, and stirre all together, and let the sick drink thereof hot at all times, and it shal avoyd all flegme and wind in the interiour parts of man, and restore his nature: Proved.

For all Impostumes in the Body.

Take Centory, Rosemary, Wormwood, Horehound, and make it in sirrop with white Wine, and let the sick take thereof, and it shal cause the Impostume to goe downe, and when it is broken, let him use to drinke of the same sirrup warme.

For

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*For to destroy all Impostumes either in
Man or Woman.*

Take the root of Hollihock, and wash it cleane, and seeth it til it be tender, and then put the water into a vessel, and then take Linseed and Fenegreek, of each of them a like much, and see that thou have as much of them two as the root that is sodden, then seeth them in the same water til it rope as it were Birdlime, then stamp the root, and doe thereto Barly meale, and mingle them wel together, and fry them with Bores greace, and lay it to the sore plaster-wise, as hot as you may suffer it, and within nine dayes yee shal be whole. Also take Tormentile, and let the Patient drink often of the juyce thereof, and it shal cure him : Proved.

An experiment to take away the Mather.

Take a great deale of Mugwort, and as you gather it, flive the leaves downward, then wash them cleane, and boyle them in running water til they be soft, and when the Party goeth to bed, let him or her wash themselves therewith, from the Navel downward with flankes and members, and also the Mother, so hot as is possibly to be suffered, remember the Parties that they wash not upward at any time, and within three dayes washing, the parties either he or she shal be whole, God willing. Proved.

Another

Another Medicine for the Mother.

Take a handful of Mother-time, a handful of Mother-wort, a handful of Isop, a handful of Sage, seeth all these in a gallon of faire water until it be halfe consumed, then mash it upon halfe a peck of malt, so let it stand an houre, then take the wort of it as you doe drink, and put yeeft to it, and being thus made, let the party drinke it morning and evening.

A Drink for the paine of the Mother.

Take a dram of *Methridatum*, and dissolve it in an ounce and a halfe of water of Wormwood, and give it to the woman for to drink before that she goeth to meat foure houres, and let her not drinke a good while afterward: Proved.

*A most excellent Medicine for the Mother,
the Chollick and Stone.*

Take Fennel-seed, Coriander-seed, Carroways seed, Parsly-seed, Galingal-seed, Gromwel seed, an ounce of each of these; also an ounce of leaves and cods of *Sene*, a quarter of an ounce of Spicknard, a quarter of an ounce of Time; take all these and make them into powder, and searce them through a searcer, and drink them in white Wine or good Ale first and last, and in all manner of sauces that you eate with your meat,

meat, and this medicine shal cure the Mother, the Stone, and the Chollick: Proved.

Another for the Mother.

Take Mugwort, and herb Simonde, sundry and red Mints, and straine all these jnyces with red VVine, and give it to the woman that is pained with the Mother to drink.

A good Medicine for the Mother, coming of what cause soever.

Take the rasing of Ivory, and the rasing of an Harts-horne, with the haire of a Hare dried, and made in powder, and as much of Goats clawes burnt, and poudered, if they may be gotten, and instead thereof Sheepes clawes; take all these and use to eate of them in your pottage, or otherwise in your drinckes.

For the Genitories.

For the paine and swelling of the Genitories, seeth wel the root of Bruse, and make a plaster thereof, and put suet to it, and bind it fast thereto with a band, and it wil ease the paine and swelling of the Cods.

For the swelling of the Cods.

For them that have swolne Cods with flegme, so that they shine, stamp Doves-foot with smal green Lettice, and lay it plasterwise thereto.

Another for the same.

Take Barly meale, and Honny, and fry them

them together, and make a plaster thereof, and let the party so grieved lay it warme to the grieffe of the Cods.

For swelling of a mans Cods.

Take Rue, and VVormwood, and stamp them together, and put thereto Honny, and make thereof a cold plaster, and lay all about the cod, and when you wil take the plaster away, then wash the cod with vinegar, and he shal be whole.

For a man that is bruised, or that his

Cods be sore.

Take the wool of a black Rams cod, and put that wool into oyle, and powder of Comin, and heat it hot, and thereof make a plaster, and as hot as the party can suffer it lay it to his Cods, and it wil take away the aking, and make it whole within three or foure times dressing therewith.

For swelling of the Cods.

Take Rose leaves, Rose-water, red VVine, Camomel, or Camomel flowers, and Beane flower, let them boyle together, and make a plaster of it, and lay it to the Cods as hot as he may suffer it.

Another for the same.

Take the iuyce of VValwort, Vineger, and Honny, put thereto Barly flower, and seeth them til they be thicke, and bind it to the sore all hot,

For

For a mans Yard that is scalded.

Take Bruise-wort, Vervaine, herb Robert, Pimpernel, of each of these a good quantity, and most of all of Pimpernel, stamp them all together as smal as you may, then fry them with Butter, and straine it through a cloth, and put it in a box, & therewith annoynt your Yard cold, and of these herbs make a plaster, then lay it all about the yard cold, dressing it every day two or three times a day.

For a mans Yard that is burnt.

Take a Linnen cloth and burne it to powder, and take oyle of Eggs, and annoynt the sore, and fil the greefe with the said powder. Also for a mans Yard that is sore, and ful of holes: take a good company of Dasies, and stamp them, and change them often. Also take Linseed and burne it, and make powder thereof, and doe it in a cloth, and lay it to the sore.

For a sore in a mans Yard.

Take Swinismore, Hocke leaves, Ambrose leaves, Vervaine, Pellicory, Chervile, Mastick, bruise these herbs together in a mortar, and mingle them together with Mastick, and Swines greace, and oyle Olive, and boyle them, and straine it through a cloth, and with this Unguent annoynt the sore Yard so grieved.

For the swelling of a mans Yard.

Take Leekes and bray them in a mortar and

and fry them in fresh greace of a Bore, and make a plaster, then lay it all about the Ward, and it shal asswage aud heale it : Proved.

Another for the same.

Take Clay, and beat it to powder, and lise it, and take wine Vineger, and seeth them together, and make a plaster thereof, and it wil take away the swelling thereof.

For paine in the Bladder.

Take foure drams of Betony, and foure roots of Smallage sodden in water, but first seeth the roots til the water be halfe wasted, then seeth the Betony therein, and drinke thereof.

A decoction for to drink with Wine, for them that make bloody water by fracture of any veine within the body, as the Liver, Reines, and Bladder.

Take of Knot-grasse, *Bursa pastoris*, of each a handful, the cups of Acornes, of Camphire one leafe, of Cinamon a dram weight, of Licoris cleane scraped and sliced, one dram weight, of water a quart, of Suger two ounces, all this must boyle to the consumption of the third part, and then let it run thorow a faire cloth into a cleane vessel, and when it is cold, put it into a Glasse, and in your drink use thereof, either in Ale or Beere, and it shal ease the bladder of paine.

For

For him that pisseth Blood.

Take Ambrose, *Bursa pastoris*, Parsly-seed, stamp them, and temper them with Goats milk, and give the party to drink, and it will quickly help him.

For a man that pisseth Blood.

Take of the earth that is on the Swallowers nest, and put it into hot water, and give the sick for to drink, and the bleeding shal stanch within a while.

For a man that may not hold his water.

Take the clawes of a Goat, and burne them in the fire, and make thereof powder, and let the sick use of this powder in pottage a spoonful at once, and he shal be whole.

For a man that may not Pisse.

Take Mallows, a good quantity of Grovel, and seeth them in vineger a good while, and then let the sick drinke thereof warme, and he shal pisse soon after.

Another for the same.

Take Lanberd, and make powder thereof, and then let the sicke drinke thereof with white Wine, and he shal quickly pisse, for this medicine hath been proved.

For a hard Wombe, and for to Pisse.

Take Parsly-seed, Ache, and Spurge, of every of them foure ounces : stamp them to powder, and put it either into wine or water, and drink it moruing and evening.

For to make a man to Pisse wel.

Take Pelitory, stamp it, and fry it, and lay it all hot to a mans Yard. Also make a plaster of the flower of Cockle, and water, and so lay it to the sick mans Yard. Also Linseed being sodden wel in Hony and applied to the place, causeth the man to pisse wel: Proved.

For a Woman that may not hold her water.

For a VWoman that may not keep her water, take Egrimouy and Salt, and stamp them together very smal, then seeth it in old VVine until the third part thereof be consumed, and then give her thereof to drink.

For a Man or Woman that may not wel pisse.

Take Galbanum, and lay it to the end of a mans Yard, and for a Woman lay it to her Navel, and being thus applied it wil help either man or woman.

Another for the same.

Take a few of the crops of red Nettles, Sheeps tallow, Senson of a house top, and fry it wel together, and as hot as the man may suffer it lay it to his Yard, and for the woman lay it on her Navel all hot: Proved.

For one that may not wel Pisse.

Take a quart of white Wine, and a good peece of Stone-pitch, Anniseeds, Parsly-seeds, and a peece of Suger, let it seeth from quart to a pint, and drinke it warme evening

ning and morning : and it shal help the party so grieved.

For straightnesse of Pissing.

Take and seeth Camomel in wine or water, and oftentimes drink thereof, it easeth and profiteth greatly for the stopping of the Milt, and of the Liver. Proved.

Another for the same.

Take the leaves of Stamarch, or Alisan-der, and put them on a tyle-stone being warme, and lay it all hot to the privie Members, and it wil ease the straightnesse of the pissing, and abate the paine therewithall : Proved.

For Gonorrhoea passio.

Gonorrhoea passio is flowing of a mans seed against his wil, and cometh of divers causes either of feeblenesse of the reines, or of plenty of blood, or of a Palsie in man : this passion is perilous, for it maketh a man or woman unlusty, and their joynts as sore as a man that is weary with travelling, and hath no wil unto a woman.

Take the seed of Lettice, and make it in powder, and drink it with water, for it stoppeth the Flux of kind, that passeth forth in the Patients water against his wil.

Also the powder of Mints dried in an Oven, best restoreth kind, and restraineth the errours of the Flux.

Also *Casterium* boyled in the juyce of *Agnus castus* that is called Tutſan, and being drunk is good for the paſſion,

Also Amber oriental is a precious thing, and *Caldo* plaſtered and laid on the reines of the back.

Also temper the powder of Camphire with Muſtilage, or Verjuyce, or the juyce of Morrel, and therewith annoynt clothes, and lay to the yard.

For all evils in the Bladder.

Take Ach, Parſle, Fennel, and Pimpernel, all by even portions, bray them together, and temper it with warme water, and drinke it, for it wil make the evils to paſſe, and for to caſt out the ſtone that is in the bladder. Proved.

Another for the ſame.

Take Porrets that never was ſet, root and all, bray them, and temper them with wine, or with ſtale Ale, and ſeeth it from a pottel to a quart, and take of the powder of *Philopendula* an ounce, and uſe this nine dayes till thou feele thy ſelfe eaſed, and this God willing wil help thee.

*For a privie Malady that a Man
taketh of a Woman.*

Take a dead mans bones, and burne them, and make powder of them, and lay the pow-

der on the haire, and thou shalt be whole by Gods grace.

Also if a mans flesh rise too much, let him drink often Vervaine, and his flesh shal not rise, nor shal he have any liking unto a Woman: Proved.

A Water for a Canker in the Nature of a Woman, or in the Yard of a Man.

Take an ounce of roch Allom, and halfe an ounce of Verdigreace, and put therein Smiths water into a glasse, and let them boyle for the space of two houres, and wash the sore place therewith.

To provoke Flowers in Women.

To provoke the Flowers in Women, make a Fomentation of the decoction of the herb called Tutson, and of the herb called *Gentrum Galli*. Also take a gum that is called *Serapini*, and mingle it with powder of Centory, and lay it to the Navel.

Also let the Woman bath her selfe in the water that Camomel hath been sodden in, and it wil help her.

Also take the juyce of Marigolds, drunker or eaten with a rere Eggs, and Meale made in Fritters doth the like.

Also to cause the Flowes to flow in Women, take the juyce of Nettles, and her urine and put it in the matrice.

Also make a fume or smoke of *Storax cala*

mit.

pute upon coales, and let the woman receive the smoke with a Fannel.

Also Wine mingled with the powder of Myrrhe, and Sothernwood, causeth the flowers to flow in women.

For the excessive flowing of Womens Flowers.

The VWoman that is troubled herewith, must be bathed with the water that the herb called Wooddip is sodden in, and it wil help her.

Another for the same.

Take and make a Suppository of the powder of *Bole armoniacke*, and the powder of *Snapac*, of Mastick, and the juyce of Plantain, and put it into the conduit.

Another for the same.

Oaken leaves eaten, stoppeth the Lungs, and excessive flux in VWomen, and chiefly the water drunk that the middle rind is sodden in, or the party therewith bathed.

Also to stop the Flowers that flow abundantly, take and seeth five-leaved Grassie with raine water, and so let the party bathe her selfe therewith.

For a Woman that is in travel with Childe.

Take Leek blades and scald them in hot water, and bind them to her Navel as hot as she may suffer it, and it wil doe out the dead Childe, and when Childe is forth, say three

three times *Quicunque* vult over the woman,
and she shal be safe.

*For sicknesse that causeth a Woman that
she may not conceive with Childe.*

Take a Harts horne and burne it to powder, and then take Goats milke, and set it over the fire, then cast of the powder aforesaid, a quantity into the milk, and drink it off as hot as she may suffer it, and this wil ease her of her paine.

*To make a Woman soon to conceive
with Childe.*

Take the wine that Nep hath been sodden in, til the third part thereof be consumed, and give it to the Woman to drink fasting, for three dayes together, and she shal soon conceive with childe. Proved.

Also *Hipocrates* saith, that a Woman being conceived with a Man-childe is ruddy, and her right side is corny about, but if she be conceived with a Maid-childe she is blacke and her left Pap is corny about.

For a Woman in travel of Childe.

For the after-Throws of a Woman if it be the first Childe, take the house or bed that the Childe was in when it came out of the Mothers wombe, and wash that bed faire and cleane, and then cast away that water, and then take faire water, and therewith scoure the house of the childe, and let it seeth a greene
whil

while, then take it out of the water, and bury it where you wil, and give the VVoman a quantity of that water to drinke that it was sodden in, and she shal never have the after-Throws againe.

A powder for Women labouring with Childe.

Take Betony and make it in fine powder, and give the party thereof to drinke, and it wil cause her to have a good deliverance quickly.

For the Whites in Women.

Take Galbanum an ounce, Mastick two penny-worth, Galingal one ounce, Cinamon two ounces, *Calamus aromaticus* three ounces, *Cucubes* two ounces, long Pepper two penny-worth, white Pepper two penny-worth, beat all these together in a mortar, with a quartern and a halfe of white Suger, and let it be fine powdered, and let the Patient take it in the morning in warme posset Ale clarified, and one penny-worth of Maces boyled in the Ale, and at noon in her broth, and at night with a little boyled milke, the waight of a dram at a time.

To bring downe Womens Flowers.

Take a spoonful of the juyce of Isop, and a spoonful of the juyce of Germander and Sothernwood; in like manner take the wild Tansie, and wild Time, and boyle them in

white VVine, and give the Patient for tea
drink til she be whole.

*For to make a Woman conceive a
Childe speedily.*

Take Time, and make oyle of the crops
and branches, and it is good to annoynt the
VVoman about the Navel, the VVombe, and
the Reins, that is to comfort her, and to
make her conceive with childe quickly. Also
to restore Nature, take *Spermaceti* and *Burrast*
and grinde them together, and give it her to
drink in VVine, or Ale.

*For to make a Womans Paps small
that be great.*

Take the seeds of Hemlocks, and seeth
them in Vineger, and annoynt oftentimes
the breast and paps, and mingle the powder
of Incense therewithall.

A Medicine for Paps that run, and be sore.

Take Sorrel debays, lay it in VVort leaves,
and put it in the embers halfe an houre, then
stamp it as smal as you may, and doe thereto
Hony, and Vineger, and mingle them toge-
ther, and doe it in a boxe, first lay a plaster of
Garlick upon the sore, so boyle it in Vineger
three or foure times, and it shal cease the
running thereof.

For a Woman that is troubled after her travel with loosnesse of her Privie members.

Take a quantity of *Venice Turpentine*, and roll it in *Suger*, and give it to her, and cause her to swallow it down, not chewing it at all. After that, cause an *Alberry* to be made for her, and put into it powder of *Camphire*, and give it to her to eate, and the *Turpentine* shal clense, and the *Camphire* shal close: your *Camphire* must be dried in the shadow, so that the *Wind* and *Sunne* doe not come to it.

For to deliver a dead Childe forth of the Mother.

To deliver a dead Childe, seeth the root of *Aristolochia longa* in *Wine* and *Oyle*, and make therewith a fomentation. Also to deliver a dead Childe out of the Mothers *VVombe*, and the web that is in the *VVoman*, make an injection or *Pessaire* of the juyce of the herb *Dittany*, and mingle the powder of the root therewith. Also make a plaster of *Hollihocks*, with a little *Salt* and *Goose-greace*, and lay it to the matrice.

For a Mans Fmndamen that goeth out.

Take the red *Nettle* crops, and bray them smal in a mortar, and doe them in an earthen pot, and doe thereto a good portion of white *Wine*, and seeth them wel together to the halfe,

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halfe, and give thereof to the sick to drinke first and last warme, and lay the substance of the herb to the fundament, as hot as he may suffer it, til he be whole.

Another for the same.

Take March and drink the juyce, and lay a plaster thereto for that disease. Also against the paine of the Fundament, or of the Matrice, and of the bowels, seeth the leaves of Hollihock in water, and make a stew of that water, and wash thee oftentimes. Also make a plaster of Scabious, and lay thereon, but the Patient must first receive the smoke thereof beneath.

For the Fundament, another.

For the smal clists that bleed in the fundament, lay thereto the powder of *Anthera*, and annoynt them with water that Dragaunt hath been chased in.

Another for the same.

Take black Beanes, and grind them very smal, and searce them wel, and powder it on the fundament, and then put it in againe, then seeth the said meale in a pan, and mingle it with white Wine, and let it seeth til it be thick, and then spread it on a cloth plaster-wise, and lay it as hot on the Fundament as may be suffered, and remove it twice or thrice a day; and renewe it alwayes with
fresh

fresh meal, and you shal be whole God wil-
ling.

*For the Piles and the Emerods, and for the
evils of the Fundament.*

Take Ekepsire, Taplebarb, and bathe the
Patient in the same to the Navel, or binde
the herb hot in a cloth, and let the Patient
sit thereon.

Also take dry Bulbecks, and put into the
Fundament, and it shal be whole.

Also heale the Fundament close with a
lease of S. Mary Capper, and when one is dry
then take another, and it shal help you
quickly by Gods grace.

For to help the Piles.

Take *English* Hony, and the juyce of
VVormwood, or the smal leaves, or the
roots of Daisies pund very smal, and put
them in a linnen cloth, and put to the sore
place, and use it thus til thou be whole.

For the Piles and Emerodes.

Take Musclee shels and burne them in the
fire, and then take the white of them and
make it in fine powder; and put in a little
English Hony, and temper them together, then
lay it upon a little linnen cloth, and so lay it
upon the sore Piles.

To staunch the bleeding of the Piles.

Drinke the juyce of Milfoyle, and it wil
help you : Proved. Or the powder of burnt

Gars

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Garlick, and the Piles shal dye. Also take black VVool and black Sope, and binde it to the Piles, and it wil help you.

To destroy the Piles.

Take oyle of Roses, Frankinsence and Hony, and make an oyntment of them, and put it in with thy finger into the Fundament, and put Myrrhe unto the same, and use often to annoynt the fundament therewith, and let the fume thereof goe up into the fundament.

For Piles that doe grieve a Man or Woman.

Take the reddest and the newest Tarre that you can get, and make it in a plaster upon a new Lockeram cloth, and make bolsters of some other thing, and so put two tapes to every corner to tie about the Patient, and once a day dresse the same with cleane clothes.

Another for the Piles.

Take a great Onion, and cut out the core thereof, and fil it ful of Suger, and stop the hole againe, and wrap it in a browne paper, and binde it fast with a Pack-thread, and roast it as you would roast a Warden, and when it is roasted open it, and lay it to the sore place as hot as the party may suffer it.

Another for the Piles.

Take the roots of Vervaine, and the rootes of the Bur, and stamp them, and seeth them, and

and so lay them hot to the place, but first
make a little fire, and on the same put powder
of Frankinsence, and let the heat goe up in-
to the sore.

For the Piles.

Take Mollet leaves, and seeth them in faire
water til they be soft, then take *May* butter,
and make an oyntment of the same, then use
hereof for the Piles, for it is a Medicine very
wel and often proved.

For the Emerods.

Take Inde Sope, and make a plaster there-
of, and lay it to the Piles or Emerods, or to
the Fistula, til such time as they doe fall a-
way of themselves.

For the Emerods.

Take new Milk, and a little fine flower, and
seeth them together, and make a plaster of
the same, and burne an Oyster-shel, and make
it into powder, then strew it thicke upon the
plaster, and as hot as yee may lay it to the
place. Also let the party that hath them
blow his nose upon a cloth, and strew Soote
upon the same, & as hot as he may suffer it, lay
it unto the place, and it wil help the same.

For the Emerods.

The Emerods be five veines that come to
the Fundament, that voyde mellancholy
blood, and may not be stopped too soone; it
is good for this Diseale to bleed in the Liver
veine

veine on the arme, and under the ancle, and let him drink morning and evening the juyce of Milfoyle, mingled with warme wine, and plaster the herb to the Fundament : if the matter be plenteous, then he must be purged before yee close up all, for feare of a Drop-sie, or a breaking out. Also take the root of Flonny, and make powder of it, and take the yolke of an Egge, and Wheat meale, and mingle the powder and them together, then fry them wel with greace or oyle, and use the same nine or ten times, and the party shall be whole.

For the Emerodes.

Take the crops of Elders and stamp them and lay them to the place. Also Leekes and Salt is good, and if they rise againe, lay them to againe. Also take the root of wild Pellitory, and grinde it, and put thereto the powder of Arsenick, and lay it to the place : Proved. Also Vineger, Allom, and Deers suet of each a like much being boyled together, is very good.

For the paine of the Emerodes.

Take Housleeke and Sheeps dung, and stamp them both together in a morter very smal, then take of Sheeps suet and chop it very smal, and put it in a pan, and let it seeth upon the fire, then put in the Housleeke and the Sheeps dung, and boyle all together

and when it is wel boyled, take it off, and straine it through a linnen cloth into a deep dish, and then annoynt the patient therewith, as hot as he may wel endure. This hath been proved.

For the Emerodes.

Take a stoole with a seege, and let it be closed to the ground, and then take a pan with Charcoal, and set it under the stoole, and as hot as may be suffered sit thereon, then take Frankinsence beaten into powder, and cast a good quantity thereof into the fire, and sit on the stoole as close as you can, and when the smoke is gone, cast in more powder in the fire, and sit thereon in this order as long as you see may.

Another for the same.

Take an Onion, and cut away the top, of reasonable breadth, then pul out the heart hereof, and take powder of Pepper and put thereto a good quantity, and set on the top againe, and take a great linnen cloth, and wet it in water, and wring it wel with your hand, and wrap the Onion therein, and lay it in the fire til it be soft, and then take it out, and put it in another cloth, and lay it as hot as may be suffered to your Fundament, and when it is cold, lay another on the place, and so have alwayes ready five or six to serve your

your turne, or as many as you think need-
ful.

Another for the same.

Take an Egge and rost it hard, and lay itt
to the Fundament, and when it is cold, take
another, as you did by the Onions; and if
you put Verdigreace into your Onions, some
thinke it better then Pepper; likewise, you
may cut the Eggs in the midst, and take out
the yolkes, and put in Verdigreace, and so
lay them to the sore.

Another for the same.

Take Neats-foot Oyle, and a little Harts-
suet, and annoynt the sore wel therewith,
and then take a tyle-stone, and heat it in the
fire as hot as yee may wel sit thereon, and
if you have no Tyle-stone, then take a Stoole
and heat it very hot, and so sit thereon; and
if the place bleed, take a quantity of *Bole-
armoniack*, and as much of the Harts-suet, and
so use them both together.

Another for the same.

Take the gumme that cometh of the Ivie-
tree, and annoynt the sore wel therewith, and
take a Tyle-stone, or a Stoole, as I said be-
fore, and sit upon the same very hot; but if
you bleed, take a good quantity of Mousseare,
and a little Betony, and stamp them toge-
ther, and drinke the juyce thereof with a
little stale Ale first, three or foure mor-
ning

things together, and last at night when you goe to bed.

Another for the Emerods, proved.

First take a good quantity of Shoormakers peeces, and burne them on a Tyle-stone very smal, so that powder may be made thereof, then take a little quantity of Allom, and burne it likewise, and make powder thereof, then mixe them together, and put thereunto the liquor of a Swines gall, and if it happen that the Swines gall be dried up by reason of long keeping, then lay it in faire water all night, and it wil returne againe into a ruddy colour; and if you can get no Swines gall, then take a little of the Oyle that Curriers use to dresse their Leather, and mixe it with your powder, so that it may be somewhat thick like a plaster, and if you think it smart too much, take more liquor and lesse Allom, and if you thinke it bite not fore enough, then put more Allom thereto; and when this Medicine is thus made, annoynt the sore therewith; and if there be any paps coming out of the Tuel when the sore is annoynted, take a peece of the skin of the gall, and lay the inner side of the skin upon the Paps, and it shal ease them greatly; but if the sore be within the Tuel take and annoynt it within with your finger as far as you can, and it wil help the same.

For to destroy the Emerods.

Take old shooes and burne them to powder, then take a saucerful of Hony, and thereto take as much oyle Olive that is old, and temper them til they be thick, and lay this medicine to the fore place, either for the Piles or Emerods.

For the Emerods.

Take red Worts, and seeth them in a pot, then take the pot, and set the same under a close Chaire, and sit over it, and wrap your clothes so close that no aire come forth, and sit so still til it wax cold, then take of the same liquor, and therewith annoynt the party. Also take a plate of Lead, and rub thereon a quantity of Bores-greace for a man, and Swines-greace for a woman, and wash it out with white Wine, and annoynt the Emerods, and it wil heale the same.

For all Evil in the Flankes.

Take nine Bay leaves and dry them, and make them into powder, and mingle them with what liquor you wil, and drink thereof evening and morning.

Another remeedy for to help the Flankes.

Take Capons greace, and make an Oynment thereof, and annoynt the fore Flankes therewith.

Also the root of the Flower-deluce being dried, red Roses dried, Galingal, and Mastick

of each a like quantity, these being beaten
to powder, and made into oyntment with a
little oyle of Roses, or oyle of Linseeds, eas-
eth the paine.

Also the decoction of Plantaine, *Bursa pas-
oris*, Horsetaile, and Knot-grasse, all these
are exceeding good to help the chafing of the
kin and flanks.

For chafing of the Flanke.

Take Beane flower, Barly flower, and the
flower of Fitches, tempered with a little oyl
of Roses, it maketh a precious oyntment for
the same.

Also if the chafing be very great, it is good
to make a bath of Hollihocks, D.l, Violets,
and Linseeds, with a little Bran, and then to
wash the place often therewith.

For sore Knees that doe swell and ake.

Take Rue and Lovage, and stamp them
together, and put thereto Hony, and make
thereof a platter, and lay it to the sore
knees, and it shal put away the swelling and
the ache within three or foure times using
thereof.

For the swelling of the Knees.

Take the water of the party grieved, after
that it hath stood three or foure dayes made,
then seeth it, and scum it very cleane, and
wash the place as hot as may bee suffered
therewith. Also Milfoyle fryed either with

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Deers suet or Sheeps suet, and laid hot to, is very good for the same.

For the ache or swelling in the Knees.

Take two handfuls of Lavender leaves, and the flowers, or both together, stamp them in a mortar very smal, and steep the Lavender two houres in a pint of Malmie, then strain it through a cloth, and boyle it wel, and then with a Sponge all to bathe the swelling of the Knees, or the ache thereof, and with in six or eight dayes using, it wil help you God willing.

For the ache or swelling of the Knees.

Take Sorrel, Vineger, Smallage, and Sheeps suet, and melt the suet, and put in the herbs, and make a plaster thereof, and lay it to the sore Knee.

Also against the ache and swelling thereof, bruse the Flowers of Plantaine with sugar, and lay it thereto. Also the leaves of Plantaine stamped and laid thereto, helpeth.

Also the juyce of an Onion being mingled with the greace of a Hen, and made in manner of an oyntment, and so used, helpeth the same.

Also bathe your Knees in the water of Elder leaves have been sodden in, and it wil help you.

*For Him or Her that is diseased in their
Knees, or in their Joynts, that
they may not goe.*

Take a black Sheeps head, and smite it all
to peeces, wool and all, and put it into a
pot with water, and seeth it til it be as soft
as pap, and then pluck out all the bones, and
put it on the fire againe, and then put unto
the same a good quantity of Oatmeale, and
let them seeth til they be thicke, and then
lay it upon a peece of Leather, and while it
is very hot, lay it to the parties joynts, and
they shal finde great ease of the swelling of
their joynts. Proved.

For a sore Knee.

Take and seeth Beanes, and Hony, and raw
eggs, and make a plaster, and lay it upon the
sore Knee as hot as you may suffer the same.

For the swelling in a mans Knee.

Take a blew woollen blanket of cloth, as
much as will lap about the Knee, then take
the whites of two or three Hens Eggs,
and beat them wel in a dish, and spread
upon a cloth, this done, put the yolkes of
the Eggs into a dish and beat them, and put
thereto as much or more of black Sope, and
beat them wel together, and when they bee
wel beaten, make thereof a faire salve, and
read it thick upon the cloth, and the
whites of the Eggs thereon reasonable thick;

then lay this upon the sore Knee, and round it fast thereon for three dayes, and it will put away the swelling and the ache thereto. **Proved.**

For ache and swelling of the Knees.

Take a quart of Malmsey, and a handful of Time, boyle them very wel together, and when it is halfe boyled, put therein a good peece of sweet Butter, and let them boyle together from a quart til it come to a pinte, and when you doe goe to bed, bathe your Knees wel therewith, and also wet a cloth three or foure times double therein, and lay it also upon them as hot as may be suffered, letting it lye on all night, and use this six or seven times, and it will help you by the grace of God.

For a great ache in the Knees.

Take Ground-Ivie, which hath leaves like Catmint, and hath a red flower, and the leaves of Penneroial, and the leaves of Elder, and let them be sodden in Swines greace, and the marrow of a Mare, and annoynt the party so grieved therewith.

For the ache of the Legges.

Take the leaves of the Elder tree, and Penneroial, and Sinckfoyle, and make thereof a plaster with Barrows greace, and lay it to the ache of the Legges, and it shal help them,

For ache of the Legges.

Take and drinke the iuyce of five-leaved
Grasse; Also you may use Sow-thistle, Chick-
weed, Elder leaves, Groundsel, and Clea-
vers, of each of these a handfull, dry all these
betweene two Tiles, and lay them to the
place that is pained, but let the herbs be first
washed ere they be dried, and it helpeth.

For ache, or swelling of the Legges.

Take Oatmeale and Milke, and put there-
to the iuyce of Housleek, and Sheeps tallow,
and let them boyle all together til it bee
thick, and make a plaster thereof, and lay it
about the sore, and that shal ease the aking,
and take away the swelling of the Legges.
Proved.

For all manner of ache in the Leggs.

Take Sage, Rew, Wormwood, Sorrel
leaves, Hore-hound, red Nettles, and stamp
them all together, and mingle them with
May butter, and let it stand so ten dayes, and
sry them often, and straine them cleane, and
melt therewith Incense, and this serveth for
all manner of aches in the Legges, if you use
hereof when you stand in need.

For black horrible swolne Leggs.

Take Selandine, Hore-hound, Herb Ben-
net, and seeth these together in water til the
halfe be wasted, and therewith wash the sore
legges every day three or foure times, and

make as much at a time as wil serve six or seven times.

For a hot sore Legge.

Take petty Morrel, Plantaine, Smallage, Herb Bennet, Sengreen, Violet leaves, and the leaves of Tutfan, Marigolds, and grinde all these together, and wring out the juyce, and put in it a little Wheat-flower and Honey, and the white of an Egge, and mingle all these together, and lay it upon the sore and cold.

For swelling in the Leggs.

Take three spoonfuls of Rose-water, and three spoonfuls of Fennel-water, and three spoonfuls of good Wine-vineger, and put them together cold, and skim off the foam of it, and then take a linnen cloth and dip it in, and lay it to the sore place.

For a Legge, be it never so sore.

Take the most part of a Cow-turd, and lay it upon a cloth plaster-wise, and lay it to the sore place, and if there be a hole in the Legge, make a tent of the same, and put it into the hole, and lay the plaster thereto, and let it lye til that it doe come off of it selfe, and you shal finde great ease.

For a sore Legge.

Take the flowers of Camomel a handfull of Sothernwood, Mallowes, Groundsel, Sage, a handfull of each of these, beat them
small

Small in a Morter, and boyle them in Milke, and put in the seething thereof, the seed of Fenigreek in powder halfe an ounce, Anni-seeds, Fennel-seed in powder, of each an ounce, and a little *May* Butter, boyle all these together, and when it is but warme, put into it foure or five yolkes of Eggs, and mingle them all together, and lay it to the sore Legge, and in the boyling, put thereto a pint of good red Wine, and it wil be the better.

Another for a sore Legge, proved.

Take Celandine, Sage, and Wood-bind a handfull, seeth them in a gallon of running water, to a pottel, and then straine it, and seeth it againe, and put thereto a pint of Hony, a handfull of the powder of Allom, a penny-worth of Graines beaten to fine powder, and skim it til it be very cleare, and then keep it in a glasse, til such time as you shal have need to use it, then take a cloth and wet it therein, and wash the sore there-with oftentimes.

For paine in the Feet.

Against the paine of the Feet, if any hath been brused or crushed, take and eate the root of the middle Mugwort with Hony, and it wil ease the paine thereof.

Also let the Party annoynt his Feet with
the

the ioyce of Clary very often, and it wil help him.

For the swelling of the Feet.

Against swelling, and aches of the Feett, bruse the flowers of Plantaine with Salt, and lay thereto.

Also stamp the leaves of Plantaine, and lay thereon.

Also take the ioyce of an Onion, being mingled with the greace of a Henne in manner of an oyntment, and annoynt your Feett often therewith.

Also bathe your Feet in the water that Elder leaves was sodden in.

For Cornes in the Toes.

Take of unslackt Lime a little, and quench it with strong Vineger, and when you will occupy it, pare the Corne, and mingle it with Rose-water, and lay it to.

Also take the Gall of a Swine being dried, but first wash it with hot water, and strew the powder thereon.

Also take and cut away the Corne, and drop into it a drop or two of a black Snail, and put thereto the powder of Sanders, and it taketh away the Corne.

Also take Marigolds stamped, and lay upon the Sore evening and morning, and it profiteth; or else pare your Corne, and lay thereto Turpentine, and red Wax boyled

toge-

together, and make a plaster thereof, and it helpeth the Corne of the Toe.



Rules for Blood-letting.

Galen, Hipocrates, and Avicenna, and other Masters of Physick, accord and say, That letting Blood of the Veine, and that is called, *Flebotomy*, or it is ventosing, carving, or cutting, and letting blood any of these waies, is good for mans health of body, for blood mingled with other humours that is too much, or else corrupted by the cause of much Sicknesse; it is therefore good to know which Veines in a man should be let blood, and for what sicknesse.

The Veine in the fore-head is good for the Frensie, and aking of the head, and for the Megrim, and for the Morpew, and scab in the face, for the Impostumes in the eyes both hot and cold.

The Veine of the Heart is good for a mans minde, and for the rheum that is within the fore-head, and for the watring eyes.

The Veines in the Temple is good for the Megrim, and for the Head-ache, of the eyes, and

and that hath long lasted, for the sicknesse of the eyes, for ache in the eyes, and for thee great heat in the temples.

The Veines behind the eares, is good for the blaines and pimples of the head, for Megrim and ache of the head, it helpeth mans minde, it is good for tooth-ache, and for the gums, and for all vices in the mouth, and it purgeth the rheum of the head.

The Veines in the corner of the eyes next the nose, is good for the Megrim, and for all the sicknesse of the eyes, and for the sight. *Cephalica tum prius aperta.*

The Veine in the top of the nose, it purgeth the braine, it is good for ache, and flux of the eyes, and for the ache of the nose.

The Veine in the cheekes is good for the Megrim, and for spots or scabs in the head.

The Veine in the Mould is best for to bleed, and for to wash thy head with the same blood.

The Veines of the over lip, and the nether, be good for hot blaines in the mouth, and for Impostumes, and for hot evils in the mouth or gums.

The Veine under the tongue is good for Impostumes, & rheums of the head, the gums, and all manner of vice of the eyes, mouth, tongue, tooth-aking, and blaines of the nose, mouth, gums, and for the Impostumes.

Rumes and swellings under the throat.

The Veines under the chin is good for the Kings Evil, and for Sauce-flegme, for spots and blaines in the face, and other ache of the eyes, the gums, and for ache in the nose.

The Veines of the neck before, is good for the Squinancy, and for all manner of Impostumes, and swellings that come from the head to the eares, or to the gums, that causeth tooth-ach, when the breath beginneth to be short.

The Veine of the Liver, that is called *Basilica*, it is good for the Jaundise, and for chafing of the Liver, and for all manner of Dropsie, and it is good for all Evils in the breast, and aking of the back, shoulders, sides, and stomacke, and for the Impostume that is called *Pleurisis*.

The Head Veine that is called *Cephalica*, it is good for the Megrim, and for the headache, and for madnesse of the minde, for ache, and all other vices in the eyes, teeth, tongue, the Squinancy, and other evils that come to the throat.

The Heart Veine that is called *Cardiaca aut medium*, it is by gentle Purgations, for it draweth blood and humours of all the body, but namely, it is good for sicknesse, and purgations of the Heart, breast, stomack, Liver, and Lungs.

The

The Veine above the thumb is good against all Feavours, and most Feavour quartaine, and for all evils of the Gall, and for straightnesse of the breast.

The Veine between the thumb and the fore finger, let blood for the hot headache, for frensie, and madnesse of wit, and for sickness of the head, *Cephalica*, let the blood of the veine in the fore-head if it be need.

The same Veine of the left hand is good for Lethargy, and afterward bleed in the fore-head.

The Veine which is between the little finger and the next thereto, is called *Salva cella*, you must let blood in the right hand for Impostumes, and sickness in the stomack, and for all evil humours about the Liver.

The same Veine on the left hand is to let blood for Impostumes, and gathering of evil humours about the Milt and Spleen; it is good for the black Jaundies.

The over Veine in the Yard is good for the Cramp, and for *Sciatica passio*, for swelling of the Womb, for the Drop sic, and for the Stone.

The nether Veine of the Yard is good for the sides, for the reines, bladder, for swelling of the stones, and for the Emerods.

The Veine beneath the Knee helpeth the Knees; and it is good for aking of the thighs

highes and the joynts, that is called *Sciatica passio*.

The Veines beneath the Knees both within and without, is good for the Liver, sides, and thighes, and for the matter that is above, and for to draw downward.

The Veine in the Hams is best for withholding of Womens purgations, for it is the next matter, as saith *Avicen*, and also it clengeth mans body.

The Veine that is under the Knuckle which is called *Sophena*, it is good for Impostumes, swellings and akinges, and other evils that come to mans body from the head to the foot, it asswageth them, it is good for the stone, and letting of urine, it helpeth the Matrice, and Womens purgations, it is good for the scab that is called *Malum mortuum de basilica*.

The Veine that is under the Knuckel without, that is called *Sianca*, it is good for aking that is in the thighes, and goeth downe to the Leggs, and to the Feet, and for the *Pelagra*, and for the scab, it helpeth most the aking of the thighes and joynts, that is called *Sciatica passio*.

The Veine that cometh to the great Toe on either foot, it is good for the gout in the yes, for blaines and spots in the face, and for Impostumes and evils of the stones, for the

the blood, for cankers, festers, and sores in the thighes and leggs, and for with-holding of womens purgations.

As for the time of letting blood, to witt, that neither in hot weather, nor yet in great cold, nor in rainie weather, nor in misty weather, nor in the weather of great tempest, nor in the old Moon, nor in the New, that is to say, foure dayes before the Change, neither foure dayes after, but the three first quarters be good; see that the Moon be in a good signe, and from *St. Bartholomew* tide to *St. Peters* tide, til *February* let the blood on the left arme, and in *January* on the right, that is to say, *Ver* or Summer, from the twenty fifth day of *July* to the fifth of *September* let no blood, for then the canicular dayes be after the teaching of *Galen* and *Avicenna*.

Rules concerning Blood-letting to be observed.

Also be yee alwayes wel advised, and wary, that yee let no Blood, nor open no Veine, except the Moon be either in *Aries*, *Cancer*, the first halfe of *Libra*, the last halfe of *Scorpio*, or in *Sagittarius*, *Aquarius*, or *Pisces*, remen bring also that you ought not to doe it in the day of the changing, nor in the day next after the same, or when the Signe is in the place where the incision should be made, neither in heat of Summer, as from the middle of *Jun*

unto the middle of *September*, nor in the cold time of *Winter*, when there is much frost and snow, except urgent necessity forceth you thereunto. Also if you chuse out these Signs following, appointed unto each complexion, doubtlesse you shal doe the better, so that time and occasion wil suffer it, as thus.

Open a veine in the *Flegmaticke* person, when the Moon is in *Aries*, saving in the Head.

In a *Melancholy* man, the Moone being in the first halfe or fifteenth degree of *Libra*, except in the Hips; or when the Moon is in *Aquarius*, saving in the Leggs.

In a *Cholerick* body, it is best to let blood what time the Moon is in *Cancer*, saving in the Breast; the last halfe of *Scorpio*, saving in the privie members; or in *Pisces*, saving in the Feet.

The *Sanguine* man may bleed in any of the Fore-said Signes, so that he doe it not what time the Signe is in the member, or the season inconvenient therefore. Beware also yee Chirurgians, that you make no notable incision, as to cut Ruptures, take out the Stone in the bladder, devoyd from the body any natural Excreescences, Wennes, or Nodes, to depart deplurate or rotten members, to root out the Canker in the breast, let out the wa-

ter collected in the belly through the disease of *Ascites*; to be short, to make an incision or cauterization in any member, or to remove the Catircle from the eye, or to attempt any other like thing by manual working upon the body of man, when the signe governing the same is in the member in the which such attempts are to be made for the remedy of any of these diseases abovesaid; or when the Lord of the Ascendent or first House, is the same Signe that governeth that part of the body at that time, or when there are any oppositions, conjunctions, or quartile aspects of *Saturne* and *Mars*, or when any Planet is evil aspected unto another, or when the Moone is in the signe of *Leo*, or in the day of the change, or ful, except great necessity require it.

Moreover, I would with no incision to be made about the ful of the Moon, where after any great Flux of blood may be feared to ensue, though the Signe be never so meet; but rather let it be done in the wane of the Moon.

As touching the Stone, Ruptures, Dropsies to be holpen by way of incision, I have rather mentioned them in this place, because that the rude and ignorant Chirurgeon may be brought to the true practise and knowledge hereof. I doubt not but to make many

partakers of the benefit thereof, whose good intent I would wish either to follow in those attempts, and so to use it in utter refuge, when other meanes will take no place in that case; it being a most assured remedy for the true and due observation of letting blood, right wel allowed, and practised at all times.



Rules for Purging.

Also it is good to take Purgations when the Moon is in *Cancer*, *Scorpio*, and *Pisces*, to give Pills especially when the Moon is in *Pisces*. Purge by drinks, electuaries, boles, when the Moon is in *Cancer* or *Scorpio*; remember that you purge not in the Change, nor in any unfortunate aspect of the Planets unto any other, neither in the extreame heat or cold of the yeare.

Now if any man would know what commodity purging or bleeding bringeth, being rightly used, and done in such sort as is ought to be done, or what diet and exercise should be used after bleeding, and order observed in purging, with the inconveniences and harme, which may and doth daily pro-
N 2 ceed

ceed of the negligence and unskilfulnesse in
the contempt of the same.



For all Diseases through the Body, and for all kind of Agues.

TAke Purslaine, Gentil, *Bursa pastoris*, and
stamp them all together, and doe thereto
to Vineger, and bind it to the Pulses, and it
wil greatly help you. Also take the powder
of Cloves, and Pepper, of each a like quantiti
ty, and eate fasting at one time as much as
wil lye upon a six pence, and drinke not in
one houre after.

Also let the party so grieved with the A
gue, take halfe a pint of his owne water, and
a penny-worth of Pepper brused, and put
therein, and let the party so grieved drinke
thereof all, an houre before that the fit doe
come upon him, and let him lye down and
sweat as much as he may.

Another for the Ague.

Take a pottle of thin Ale, and put thereto
to a handiul of Parsly, as much red Fennel
as much Centory, as much Pimpernel, and

Let the Ale be halfe consumed away, and then
take and drinke thereof.

Another for the Ague.

Take three Burre roots, and wash them,
and straine them, seeth them with halfe a
 pint of Ale, and so drinke thereof luke-
warne before the fit doth come.

Another for the same.

Take Endive, Sowthistle, Dandelion, Let-
tuce, Sorrel, of each a like much, and distil
them alltogether, and give it to the party so
grieved, it is very good against the Ague.

Another experiment for the Ague.

Take foure handfuls of Groundsell, and
stamp it smal in a Morter, and put thereto
three spoonfuls of Vineger, and three spoon-
fuls of Bay-salt, grinde them all together,
then put them in a pewter dish, and set them
on a chafing-dish of coals, and stir them to-
gether til the liquor be almost dry; then lay
it to the wrists as hot as the party can suffer
it, every time an houre before the fit doth
come.

For the Ague, another Medicine.

Take a handful of red Sage, and a hand-
ful of red Nettles, and a handful of Herb-
rache, and two spoonfuls of Bay-salt, and a
spoonful of strong Vineger, and a peece of
leavened bread, and let all these be wel bea-
ten together, and bind it to the pulses of

your wrists before that the fit doth come, and
it shal help you by the power of God. Proved.

For the hot Ague, a remedy.

Take the juyce of Sengreen, and the whites
of foure Eggs, and faire flower of Wheate
and mingle it wel together, and make ther
of a plaster, and lay it to the Patients sides
then take the water of Betony, the water of
Pimpernel, Scabious water, water of Tormentil,
the water of Radish, of each of the
a like much, and mingle all these together
and give the Patient to drinke all hot, before
that his fit doth come.

Another for the same, proved.

Take a pint of the juyce of Sorrel, and put
it into a pot of Milke, when it beginnet
to seeth upon the fire, then take it off the
fire, and let it stand, and it wil have a curd
upon the same like unto a posset curd; then
take the curd off, and let the Patient drinke
thereof a good draught at a time, as hot as
he can possibly endure to drinke it, and by
Gods grace it wil help him within two or
three times severally drinking. This Medicine
hath been proved.

Another for the same.

Take a handful of Smallage, a handful of
Bursa pastoris, and so much white Frankincense
as wil cover two shillings at thrice

* and

and as much Bay salt, and bray them in a Morter, and so lay them upon a thin cloth to the wrist, and about the arme at night when you goe to bed, an houre or two before that your fit doth come upon you.

For the burning Ague.

Take a handful of Smallage, a handful of Fetherfew, a handful of red Sage, stamp them altogether, and take three or foure spoonfulls of the parties water, and as much Vineger, and boyle them altogether on the fire a little while, and take a quantity of the same herbs, and wringing the liquor out of them, lay them upon a cloth, and bind it hot upon your Temples, and not upon your fore-head, then take the rest, and bind it to the parties wrists as hot as he may suffer it, before that the fit cometh, and within three or foure times dressing, he shal find great ease, and be helped of his Ague.

Another for the same.

Take a pottle of Water, with halfe a pint of Vineger, take also Endive, Succory, Violet leaves, five-leaved grasse, and Strawberry leaves, of each of them a good quantity, and seeth them to a quart, and put thereto halfe a pound of Suger, and drinke thereof morning and evening.

For the Quartaine Ague.

Take Ribwort, Beet roots, and the leaves,

to the quantity of three or foure handfuls, wash the herbs cleane, then stamp them in a wooden dish, with a wooden pebble, and straine the iuyce from the herbs, and drink it in Milke warme, and this taketh away the humours of the stomack, and from the heart, within five or sixe times using; it cureth and helpeth the party so grieved with the Ague. Proved.

For the Ague coming with Cold.

Take five crops of Rosemary, and five crops of Sage, and five crops of Marigolds, nine Bay-leaves, and a quart of strong Ale, seeth all these together wel, and drink it with Pepper being warme, and use it.

For Feavour-Agues in Children.

Take the powder of Christal, and lay it to soke in Wine, and give it to the Childe to drinke, and the sucking Childe shal be whole.

Also take *Morsus diaboli* the roote and the herb, and hang it about the necke of the childe.

For all manner of Aches, & Seare-cloth.

Take Wax, Turpentine, Rosin, hard Pitch Bores greace, powder of Commin, powder of Bayes, Frankinsence, oyle *De nuce de popilion*, and take all these things save the powder, and set it over the fire, and stirre it fast til it be molten, and set it down and skim it not, nor

straine

Straine it not at all, stirre it fast til it be nigh cold, and then strew in thy powder with thy hand, as thou wouldest strew flower into a Childes pap, and when it is all in, and well nigh cold, spread it with a slice upon a peece of Leather, and when it is spread upon the Leather, take a new linnen cloth and lay it upon, and couch it fast, and at your need use it.

For a cold, and ache of the Limbs.

Take a handful of Suger, a handful of Endive, a handful of the red flowers of Archangel, and a quantity of Dandelion, and seeth the same with Mutton, and eate the Mutton, and drinke the Broth, and you shal finde ease.

Another for the same.

Take a handful of Balme, a handful of Rosemary, a handful of Mallowes, a handful of Smallage, a handful of Wall-flowers, and all manner of sweet herbs that you can finde, and seeth them in a Tankard of water, with halfe a peck of wheaten bran; and when it is sodden, straine the herbs through a cloth as you would doe a Bucke, and set it on the fire, and with other water straine it, and so bath you and sweat, and you shal be whole God willing.

For aking of the Joynts.

Take *March* Mallowes, and sweet Milke,
Ling

Linseeds, powder of Comin, the whites off Eggs, Saffron, and white greace, and fry all these together, and lay it to the aking of the Joynt: This hath been proved.

For Ache in any place, an Oyntment.

Take and chafe a Stere til he scummer; then take that dung and fry it with Sheeps suet, or else with sallet Oyle, and it wil come to a fine oyntment, and then annoynt the place therewith. Proved.

Also take the oyle of Mace, and annoynt the ache withall, and it wil help you.

For Ache in the Bone, or Ioynt.

Take a Pricket Harts skin, sliver or draw him, and cut it in smal pieces, bones, flesh, and all; take that and wash it cleane that no blood be therein, then take cleane water, and set it over the fire, and as it seeths scum away the fat and save it, and let it seeth til that no fat wil come off him, and then cast away the flesh, and put it in a boxe, and annoynt with the greace where the ache is, and it shall be whole; and doe this three or foure times.

A Medicine for all Aches.

Take halfe a pint of Wool oyle, a quarter of a pint of Neats-foot oyle, and halfe a pound of Barrowes greace, first set the Barrowes greace upon the fire, and skum it cleane, then put in your Neates-foot oyle, and beat them all three together being on the fire,

fire, then scum it cleane, and put in your Wool-oyle, and beat them altogether, then boyle them together, and take them off the fire, and use it at your need.

A Medicine for all aches in the Bones.

Take the Gall of an Oxe, and set it on the fire, and seeth it, and scum it til it be very cleane, and put it into a Glasse, and stop it close; then take Neates-foot oyle, and gather it very fine, and put it into a Glasse also, and stop it close; then take *Aqua vite* in another Glasse, and stop it close; then take of the oyle and waters aforesaid, of each even portions, and two times so much in portion of the *Aqua vite*, and put them together in one vessel, so warme it and annoynt your grieve, and it shal help you God willing.

Another for the same.

Take Swans greace, Goose greace, Hens, or Capons greace, of each of these a quantity, but the more of Swans greace then of all the rest, and when they are mingled together, then take a pint of Malmse, and a handful of Lavender-spike, Rosemary as much, and let your Malmse seeth til it be almost wasted, and then put all together with a little Bores greace, and so boyle them, and use them for your ache, and it shal ease you.

For him that is fallen Broken.

Take a Trusse, and trusse the party so straight

straight as he can, and it wil very much helpe him.

Also take the juyce of Madder, the juyce off red Nettles, the juyce of Hemp, the juyce off Bugle, the juyce of Camphire, the juyce off Cawle, of each of these two Saucers ful, off Wine foure Saucers ful, of Hony three Saucers ful, boyle them all together, and skime them wel, and then take it down, and drinke thereof daily, first and last, fixe spoonfuls at once, the space of fourteen dayes.

A Plaster for a man that is Broken,

Take of Bugle, of Cawle, of each a like much, stamp them smal with a little of the haire of a Hares skin, then take an ounce off Wax, and melt it with a spoonful of water, and put to your Bugle, and Cawle; and the haire, and stamp it with a little *Bole armoniack*, and fry them all together, and stirre it, and make thereof a plaster, and lay it on a piece of Leather, and lay it straight upon the place of your sore, and so serve it three or foure dayes, and so give it the space of twelve dayes.

For a Man, or Childe, that is welnigh Broken, and to heale them.

First make fixe pellets in this manner, take the root of *Polipodio*, and the root of Betony, the crop and root of Daisies, of every one an ounce, and make powder thereof, then take

Bole

Böle armeniack an ounce and a halfe, of Hony clarified an ounce, of these make a plaster, and if it be too thin, put more powder thereto, and if it be too thicke, put thereto more Hony, and take and roule it, and make pellets thereof as many as ye may take thereof; then take more of the root of *Polipodie*, and the root of *Betony*, and the crops and roots of *Daisies*, of each two ounces, and beat them as you doe *Green-sauce*, and put that iuyce into a quart or more of Ale that is stale, and boyle it to a pint, and straine it through a cloth, then boyle it againe with Suger three penny-worth, and when the Suger is molten, then put it in a Glasse, and every day eate a pellet thereof morning first, and evening last, & drink every time the quantity of three spoonful of your drinke in the Glasse, then if your drinke be done, you must make more; but you must understand, that the sick man must lye upright six dayes, and that he be bound wisely and faire, and that he eate laxative meats for straining of the humours, and it shal heale him mightily, and surely proved.

If a Man-childe be new broken, this will cure him.

Take the root of *Camphire*, and the leafe of *Osmond*, and the yong root of *Elme*, leaves of *Avens*, and leaves of *Madder*, and the leaves of

of Castire, of each of all these a like much, these must be sodden alltogether in new Ale, with a good quantity of clarified Hony, and skim it, and put it into a pot, and every day drinke thereof fasting, and also at evening; and binde it up very straight.

*For broken Bones, in what place
soever they be.*

Take a new Tyle, and neile him in the fire, and make it all to powder, then lay it in the fire againe til it be red, let it coole, and take that powder, the juyce of Daisies, and the juyce of Camphire by even portions, and mingle all together, & make a plaster thereof, and lay it to the bone that is broken, and every day renew it thereto. Item, take Daisies and Camphire, and Egrimony, and temper them with Vineger, and lay them thereto, and it shal help them so grieved.

For the Bone-ache, and to take it away.

Take Sperewort, Olives, Crowfoot, herb Christopher, Walwort, Henbane, Hony-suckle flowers, Culrage, Rosemary, Mallowses, red Wort-leaves, red Onions, and Ribwort, slice all them by themselves, and after mingle all together, save only the Sperewort, which must be mingled with half a part of the other Waters, mingle them before the heat of the fire with your hands, and annoynt the place there-with oftentimes.

To knit a broken Bone.

Take Avens, Camphire, Egrimony, and temper them with Vineger, and lay it to the Bone. Also take Daisies, the crops of Hemp, and red Coleworts, and red Nettles, and Bramble-leaves, Sothernwood, Tansie, Pimpernel, Betony, Buglosse, Maddar, wash them and beat them smal, and drinke the juyce hereof both morning and evening.

For all manner of Bones that ake.

Take a pint of White-wine, and the gall of an Oxe, boyle them wel, and skim them cleane, then take crumbs of white bread, and put them thereto, and make thereof a plaster, and lay the same to the grieve foure or five times, and it shal help you.

For broken Bones.

Take Crey-land that is burnt, and grinde the same to powder, and put thereto the juyce of Daisies, and the juyce of Camphire, and strew on the powder till it be thicke, and lay it to the place plaster-wise, and the broken Bone shal knit againe very shortly, and become whole.

To make an Oyntment for burning of Gun-powder or for scalding with water.

Take a quart of Bores greace, and two handfuls of Groundsel, and two or three heads of Housleek, and stamp the herbs together, and then put to it of new sheeps dung

two handfuls, and as much of Goole dung, and stamp all together, and fry them, and being hot, straine them through a cloth into an earthen pot, and with the same liquor annoynt the sore that is burnt with Gun-powder.

To take away a heat or burning with Gun-powder.

Take a good quantity of Houfleeke, stamp it, and wring out the juyce; then take the whites of six Eggs, and beat them in a dish til they be thin, and then take off the scum, and put the rest together, and wash the sore with a linnen cloth, and after lay a wet cloth on the sore.

A remedy for Burning, or Scalding, or any hurt with an Hand-gun.

Take the dung of Geese of one nights making, and fresh Butter unsalted, or else clarified Sheeps suet, and fry the same in a frying pan a good while, until your suet be almost consumed, then put them in a coarse linnen cloth, and straine them into a small vessel, then take a feather, and dip it in the liquor, and annoynt the place where the Patient is so burned or scalded, and when you have so done, wet a fine linnen cloth in the said liquor, and cover the sore withall, and use to doe this twice or thrice a day.

For Burning, or Scalding.

Take halfe a pound of Sheeps suet, and as much of the crindels of Sheeps dung, and a quarter of a pound of the inner rindes of Elder-trees, and fry them alltogether, and drain it through a cloth into a pewter dish, and it wil be fast, chafe it against the sore.

For Burning, a Medicine proved.

Take the white of Hens dung, and of Sheeps dung, of ground Ivie, of Housleeke, Sheeps suet, and boyle them all together, and straine them, and so annoynt the burning sore, and take a Rose-campion leafe, and lay it aloft upon the place, and a thin cloth upon that, and it shal help it.

Another for the same.

Take a quantity of Bores greace, and put the same into a frying-pan, and wring out the greace, reserving the suet, then take nottully halfe so much Rape-oyle, and put it hereto, with two or three spoonfuls of cleare Vineger and Water, labouring them all very wel together, and so reserve it to your use, but stop it very close till such time as you need, and this wil help you.

For burning with fire.

Take black Varnish, and all to annoynt the place with a feather, and it wil both stay the heat, and heal it as faire as ever it was, this you may use til you be whole.

For burning or scalding.

Take a good handful of Avens, and as much of Sheeps dung, and fry them wel together in *May* butter, and straine it, and use to annoynt the grieved place with the same cold twice a day, and annoynt it first with grey or black Sope, and it wil help thee: this oyntment must be spread upon a flaxen cloth if you can get it.

Another for the same.

Take Oyle-olive, and beat the same with water til it wax very white, and annoynt the sore place therewith.

Another for the same.

Take Snow-water, and that wil asswage the heat, and then take the white of an Egge, and clip the haire of a Conies skin, and dip them in the white of an Egge, and lay it to the burnt place, and it wil heale it, and it wil cause the skin to be more faire then all the other : Proved.

For all bruises, a Medicine.

Take Plantain, Orpin, Camphire, Hollihock, and flower, and make a plaster, and lay it to the sore.

Also take the grounds of Ale or Beere, and Wheat-bran, and Chick-weed, and lay it to the grieve three or foure times a day, upon a red cloth, not too thin.

For a Bruise.

Take Pitch, Rosen, and wrought Waxe, and Bores greace, or Swines greace, of each a like much : boyle all these together in a pan til it come to a salve, and then strike it upon a linnen cloth, and lay it to the bruise, and let it lye foure or five dayes thereto, and you shal finde great ease.

Another for the same.

Take halfe a pound of Sheeps suet cleane tried, and as much unwrought Wax, two ounces of Rosen, and a spoonful of Frankincense in fine powder, and wel searced, then boyle them all together, and skim it cleane with a feather, and when it is boyled take it from the fire, and when it is halfe cold then wet or dip a linnen cloth in the same, so that every part be thorow wet, and lay it abroad til it be thorow cold, and role it up, and it may be kept all the yeare, and use it as need shal require, for this is a precious Searecloth for all manner of aches or bruises : Proved.

Another for the same.

Take Mallowes, Smalage, Bruise-wort, Plantain, the most of Smalage, and temper it with Sheeps suet, and make this salve in May, and you may keep it all the yeare after, and use it as your need doth require.

For all manner of Botches.

Against Botches, mingle the herbe *Timbal*

lavia with Sheeps dung, and lay it thereto
plaster-wise, and it shall ripen the Botch
quickly.

Another for the same.

Also to ripen Botches, confect five or sixe
drams of *Electrum* with Barly meale, and the
white of an Egge, and lay it to the Botch, and
it wil ripen the same.

For to breake the Botch.

Take Bramble leaves, Elder leaves, and
Musterd-seed, and stamp them all together,
and then take of it and make a plaster there-
of, and lay it to the sore, and it wil draw
out all the venome.

Another for the same.

Take one spoonful of Hony, the juyce of
Spurge two spoonfuls and a halfe, of Whea-
ten flower a good quantity, and one spoon-
ful of Turpentine, temper all these together,
and lay it to the Botch, and it helpeth.

For biting of a Serpent.

Against biting of a Serpent, or venemous
Beast, take two drams of the powder of
Egrimony, with two measures of Wine that
is csll'd *Ciates*, and it wil cast out the ve-
nome.

Another for the same.

Take Centory and stamp it with its owne
water, and give the sick to drinke, it is as
good for Beasts as Men, for the biting of an

Add:

Adder. Also beare Vervaine about thee, and the Serpent, as some report, shal have no power to hurt thee.

Another for the same.

Take and teeth two or three handfull of Vervaine, and wash the place therewith, and stamp the leaves, and lay thereto, and it wil abate the swelling thereof, and bray this herbe Vervaine with Hony, and lay it often thereto, and it wil resounder and heale it faire againe.

Also the juyce of Cinkfoyle being drunk, putteth out all venome, so doth the juyce of Plantaine,

For the biting of a mad Dogge.

Take of the seed of Box, and stamp it, and temper it with water, and give it to the parties so grieved, and it helpeth them God willing.

Also take Savoury and temper it with bread, and lay it thereunto, and it hath the same vertue.

Also stamp long Plantaine, and lay it to the grieved place, and it wil cure the sore: Proved.

Another for the same.

Take Walnuts, and stamp them with salt, and an Onion, they be good for the biting of a mad Dogge being layed thereto.

Also Batony that is green being laid there-

to, helpeth the biting of a mad Dogge, in
very short space.

For biting of venemous Beasts.

Take Garlick and bray it, and lay it too
the place so bitten, and it wil in short time
cure the same.

Also if Garlick be eaten, it putteth forth
the venome from the body, and clenseth the
same.

Also take powder of *Aristolochia rotunda*,
with the juyce of Mints.

Also if the root of Bruise-wort be bruised
and laid thereto, it healeth the biting of ve-
nemous beasts.

*For a Man or Woman that is in a
Consumption.*

Take a brasse pot, and fill it with water,
and set it on the fire, and put a great earthen
pot within that pot, and then put in these
parcels following.

Take a Cock and pull him alive, then flea
off his skin, then beat him in pieces; take
Dates a pound, and slit out the stones, and
lay a layer of them in the bottome of the
pot, and then lay a piece of the Cocke, and
upon that some more of the Dates, then take
Succory, Endive, and Parsly roots, and so e-
very layer one upon another, and put in fine
gold, and some pearl, & cover the pot as close
as may be with coarse dow, and so let it distill

a good

a good while, and so reserve it to your use, til
such time as you have need thereof.

For a weake person in a Consumption.

Take a quart of Red-Rose water, and a
pottel of the stroakings of the milk of a
Cow, two penny-worth of fine Manchets,
the yolkes of thirty Eggs, halfe a pound of
Raisins of the Sun, Cinamon one ounce, Nut-
megs one ounce, Mace halfe an ounce, Cloves
a quarter of an ounce, of long Pepper halfe
an ounce, your bread must be fine grated,
and your Raisins stoned, and your Dates
scraped, and all your other spices beaten all
together, then put in your Egges and Milke
so stirred together, and then last of all your
Rose-water, and so distil it in a Limbeck of
glasse, and so reserve it to your use, and as
need requireth use it.

For to restore health in a Consumption.

Take a handful of Yarrow and stamp it, and
straine it into a dish, and put thereto the
yolke of an Egge, and a little Suger fine
beaten, and with this juyce being heated
luke warme, temper as much of Wheat-
flower as wil make Past, then the Past
being wel wrought, make thereof little cakes,
as bigge and as thick as an old testorne, and
bake them upon a little shard, and being
baked, let the Patient eat one of the cakes
every day three times, or as much as he or

she can eate, and by the providence of God it shal make them strong and lusty. This hath been proved.

For a Consumption in the Reines.

Take Clary leaves and prick them, and fry them with two or three yolkes of Eggs, and put thereto Saffron dried upon a stone, and grinde it smal, and put all together, and fry them with fresh butter, and eate it warme next your heart, and it wil help you God willing.

For one that is in a Consumption.

Take a great number of young Nettles that spring at the roote, and wash them cleane, and stamp them and straine them till you have a pint of the joyce thereof, then put them in a faire Skillet, and set it over the fire, and let it seeth til it waxe somewhat red; then take it from the fire, and put thereto a quart of Malmsey, and brew them together a good space, then take the yolks of six new-laid Eggs, and beat them together, then brew it againe, and put thereto as much Suger as wil make it sweet; then let the party so grieved take every night and morning a reasonable draught thereof blood warme, and by the grace of God it shal ease the party so grieved in very short space.

*To help to restore him that is in a
Consumption.*

Take a Cock which is neither fat nor leane,
and wring his neck, and hang him up by
the leggs, and let him beat himselfe to death
with his wings, and when he is cold flea
him, and take out the bowels, then cut off
his neck and leggs, and see that his body
within be wel dried with a cloth, and quar-
ter him, and at foure stils, stil the quarters be-
ing first wel hacked and chopped, and the
water that shal come out of the Cocke being
stilled, you must give the Patient in his
Brothes, or Drinks, being blood-warme, and
within short time by Gods grace it wil re-
store him or her. But remember that the par-
ty grieved doe neither eate nor drinke in all
the time, any meats or broths dressed with
hot spices, or sharp sauces.

*A notable Restorative and Electuary for a man
that is wasted or consumed, called the
Electuary of Life, practised
by M. Baltazar.*

Take two pound of Dates, and wash them
cleane in Ale or Beere, then cut them and
take out the stones, and the white skins, and
cut them smal, and bray them very smal and
fine til they be as tough as wax, then take a
quart of clarified Hony, and cast the Dates
therein til they be dissolved, then take halfe

an ounce of long Pepper, as much of Mace and Cloves, and Nutmegs beaten in fine powder, then seeth the Dates and Hony cover a soft fire, then cast on the powder little and little, and stirre it very fast, and let it seeth long, til it waxe thicke, then set it to coole, and put it in close Boxes, and eate thereof first and last, and it shal restore man be he never so weake or low brought. Use this sometimes upon a full stomack, and you shal not surfeit; proved by M. Baltazar Chirurgeon.

An Electuary most sovereigne for all manner of Diseases in the Body; proved by G. K:

Take foure pound of Sugar, and boyle it in a pint and a halfe of Malmsey, and put thereto a pint of Rose-water, and a pint and a halfe of white Wine, halfe a pint of Aquavite, and of running water a pint; boyle all these together, and when it is wel sodden take of the powder of *Enula campana* an ounce and a halfe, of *Calamus aromaticus* and Licorice, of each halfe an ounce, Pepper three penny weight, one halfe penny-wort of Alisander seeds in powder, of Coriander seede of Roses and Violets, of each foure ounces, boyle all these to a measurable thicknesse, then put thereto of foliate gold and all to cut it with a Knife, and mingle

with the aforesaid Electuary, and use it as
our need requireth, and by Gods grace it
will help you.

A Restorative for the weak and feeble.

Take a pint of running water, and heat it
over the fire, and put in it a handful of Rose-
mary, let it boyle to the halfe, and then
raine it; then take a pint of white Wine,
or Claret wine, and a good part of Suger,
and powder of Ginger, and Cinamon, a lit-
tle Mace and Cloves, and put them all toge-
ther, then lay sops in a dish, and pour there-
hereon the broth, and give it to the sick and
feeble persons fasting in the morning : Pro-
ced.

For a Consumption, proved.

Take halfe an ounce of *Manna Christi*, one
ounce of white Suger-candy, and a penny-
worth of Anniseeds, and halfe a pint of
Red-Rose-water, and a pint of Muscadine,
four new laid Eggs, a quartern of Nutmegs,
halfe a quartern of Cap Dates, and stone your
Dates, and wash them before that you doe
put them in, and boyle them all together,
and so use them, for this hath been pro-
ced.

A Jelly proved for a Consumption.

Take a wel-fleshed Capon, and scald him,
and draw him, and put into his belly a hand-
ful of Barly, and as much Raisins, Currans,
and

and Dates, and put him in an earthen pot
with a gallon of Claret wine, then put thereto
in some Cinamon and Ginger, let it seeth
til the flesh be fallen from the bones, then
beat him in a mortar, and put him into a
Ipocras bag, and let the Jelly run into a
faire vessel, and give the Patient of that jelly
evening and morning, and within the space
of three Capons, by the grace of God
the Patient shal recover much his health
and to comfort his stomack, give him *Storac*
aromaticum, made in losinges at the Apothecaries.

A present remedy for the Sciatica.

Take a handful of Violet leaves, and wash
them in good Ale, then take another pint of
good Ale, and set it on the fire in a Skillett
and then beat the Violet leaves very smal, and
so boyle them in the Ale, and then when
is halfe boyled take out the leaves, and strain
the juyce into the afore-said Ale againe, and
boyle it very wel until that it be thicke, and
then take a peece of Sheepes leather, as broad
as the place which is grieved, and pricke
full of holes, and spread the same on the
rough side of the leather, and lay it to the
place twenty foure houres, and then change
it, and lay to it new, and so use it three daies
and you shal be wel; the oftner the better.

To make a water for the Sciatica.

Take a peece of Porke of a male-Hogge which is leane, and perboyle it in water untill the blood be cleane out, then boyle it in strong Ale a good while, and after that take and distil it with a soft fire, and then keep the water, and wash the places so grieved two or three times against the fire.

Another for the same.

Take an Oxe gall, and red Allum, Rosemary tops, bay Salt, *Aqua vitae*, and Vineger, bray them wel together, and set them on the fire, and alwayes stirre it, but let it not seeth, and so use it as need requireth.

Another for the same.

Take Avens, Comin, and as much white salt, a handful of red Nettles, and seeth them in pissle, and when they be wel boyled, put thereto *Aqua vitae*, and annoynt wel the sore herewith three or foure times.

Another for the same.

Take Time, Lavender Cotten, the runnings or out-laces of Straw-berries, of each a like quantity, a Nest or two of young Swallowes live, with the feathers and the guts, and stamp them very smal, and so fry them in May butter that is sweet and new, boyle them on the fire, then straine it through a cloth, and put it into a pot, and so use it at our pleasure.

For

For the Cramp.

The Cramp cometh commonly of contractions of Nerves, or else it cometh of too much fulnesse of the body, or too much leanness; and note wel that in the Palsy the members be more longer then they should be by relaxation, and in the Cramp the members are shorter then they should be by shrinking of the Nerves, but the Cramp that cometh of wasting is seldome cured, if the paine be great, you may ease it with oyle of Roses, or of Camomile hot, and yolkes of Eggs and Saffron together, and w^{ash} Bread in sweet hot Milk, for this ceaseth the aking of the Nerves. Also make a garter of an Hares skin, but the Liver is said to be good for the Cramp. Proved.

For the Cramp, a remedy.

Take Oyle of Camomile, and Fenegreek and annoynt the place where the Cramp is, and it helpeth.

Another for the same.

Seeth these herbs, Betony, Wormwood, Vervaine, and Time, these are exceeding good for to wash the party so troubled with the Cramp, if he make it in a bath.

Another for the same.

If you say these words three times when the Cramp cometh upon you, *Bero, bara, bar tora*, it may hap help you.

To make one to have a good colour.

Take and drink the juyce of Ilope fasting; warme it, and it wil make you to have a good colour; it is good for the sight, it destroyeth worms, it is good for the stomacke, the liver, and the lungs,

For the Canker, a remedy.

Take Lentils of the water, which be called Froggs-feet, or Emets meat, it is of great vertue if it be stamped, and the juyce mingled with Porkes greace, and lay it plaster-wise on the Canker, it stayeth and healeth mightily.

Another for the same.

Take as much Allom as a Nut, halfe a glass of Hony, and a pint of red Wine, and seeth them all together til it come to the third part, then straine it thorough a cloth, and wash the sores therewith.

Another for the same.

Take a handful of unset Leekes, with the rootes, and a smal quantity of Yarrow, ten or twenty branches thereof, and boyle them in white Wine until they be all very soft, and then straine them and clarifie them, and let the Patient drinke of it morning and evening, blood-warme.

For to kill the Canker in a mans body.

Take the root of Dragons, and breake it in smal pieces, and dry it, and make it into powder,

der, and take nine penny-weight of the powder, and put it in Wine, and seeth it wel, and then let the sick drink thereof warme a good draught fasting in the morning for three dayes together.

Another for the same.

Take two handfuls of Sage, and as much Woodbinde leaves, and the roots of a wilde Vine, this being stamped and strained, take a little Hony, with a piece of Allom being warmed, and so wash the sore place where the Canker is.

Another for the same.

Take Christal, and make it in fine powder, and the powder of Harts-horne burnt with as much of the rinde of a Pomegranet, and the juyce of Night-shade, and give all these to the Party, either man, woman, or childe.

For the Collick and the Stone.

Take a handful of Saxifrage, a handful of Pellitory of the Wall, a handful of unset Isospe, a handful of unset Time, and seeth all these herbs wel together with a quart of good Malmesey to a pint, and the powder of the whole Egge-shells, and as much of the powder of Hasel-nut shells; when you have put the liquor from the herbs, then put in the powders to the same, and let the patient drink

rink thereof warme in the morning fasting,
and it wil help him.

For the Collick, a remedy.

Take white Time and Parsley, bruiſe them,
and ſtraine them with ſtale Ale, and ſet it to
the fire, and make it warme, and put there-
to a good quantity of Graines, and ſo drink
it. Alſo take Broom ſeed that is green, and
give it to the party to drink being dried and
made in powder, and when the paine is upon
him uſe it.

Another for the ſame.

Take a pint of Sallad Oyle, halſe a hand-
ful of white Salt, and ſeeth them, then dip
in two or three handfuls of blacke Sheeps
wool, and binde the ſame from the Navel to
the bottome of your belly as warme as you
can ſuffer it.

For the Colica paſſio.

Take the root of Quintfoyle, and long
Pepper, and grind them ſmal to powder, and
rink it in good Ale. Alſo take Time, and
ſaffron, ſtamp them together, and put there-
to a little good Ale, and ſtraine it through
a cloth, and then give it to the Patient to
drink, and it ſhal eaſe him forthwith. Alſo
make a plaſter of the herb *Philopendula* being
lodden with the aforeſaid herbs.

Another for the ſame.

Take the crums of cleane wheaten bread,
P and

and white Vineger, and the powder of Comina, and boyle them all together, and make a plaster thereof; and as hot as the sicke may suffer it, lay it neere to the belly, and here shal soone be eased of his paine. Also take Tormentile and Treacle de Bayes, and eat it, and drink of the water of Elderne floweres stilled.

Another for the same

Take unset Leekes, and cut away the faeces and all, then take the white of the Leek, and bray it smal with May butter, and fry it, and lay it very hot to the Navel being bound with a cloth.

For the Collick and the Stone.

Take the green pith of an Elder stalke that is between the bark and the stalk, and stamp it smal, and drink it with good Ale, and it shal breake wind.

For a man that is Cestiffe.

Take Mallows and Mercury, & seeth them with Pork, and make thereof portage, and let the party eate thereof, and drinke Whay, and it shal make him soluble. Also take the juyce of Walwort, and mingle it with Hony, and drink it.

For the Dropisie, proved.

Take two pound of Sage-Royal, and two pound of water Carlen, and two pound of Hoop, take these herbs, and bray them in

morter

morter, and wring out the juyce thereof, and then take Wheat flower, and blend it with the juyce, and make a loafe thereof, and bake it in an Oven, and all hot breake it into two or three gallons of good stale Ale, and let there be no dregs therein, and so let it stand all night, and stop it close, and let the sick drink thereof at all times, and he shal be whole. Also take Borage, and Langdebeefe, and Parsly, and Scabious, and of Water-pereffes as much as of the other herbs, a handfull of Smerewort, and use this pottage with that drink, and he shal be whole.

Another for the same.

Take foure penny weight of Scamony, and two penny waight of Rubarb, and six penny waight of Seny, and a penny waight of Letwel, and a penny waight of Spiknard, and a penny waight of the powder of Camomel, and an ounce of Suger, and bray all these things in a mortar of brasfe, and mingle therewith the Suger, and then let the sick use this Medicine three dayes fasting, a good Spoonful at once, and it wil make him for to have a good stomacke, and doe away all his.

For the Dropisie, if it be curable, or no.

Take Barly meale, and the juyce of Spigge, and of Marigolds, and make thereof a pottage, and lay it three times unto a mans

Liver, and if the plaster be quickly dry, he is curable, and if it dry not, he is incurable.

Another for the same.

Take a handful of the tender crops of Broom, and stamp them, and straine them in a quart of stale Ale, and boyle it til it be halfe wasted; then put thereto some Sinnamon, and Ginger, and set the Patient upright in a Chaire, so that his feet touch not the ground by two foot and a halfe, then put under his feet a pan of Coals, and lay overthwart the pan a paire of Tongs, or two, and lay thereon green Broom, and let him set the soles of his feet thereon, and give him of the drinke blood-warme, and so let him sweat wel when he goeth to bed, and by Gods grace it wil help him.

For a Dormitory.

Take a quarter of a pound of Almonds blanchèd, and halfe a pound of Hemp-seeds three times washed in cleane water, and fix Dates, and stamp them all together, and put thereto good stale Ale, and take an ounce and a halfe of Poppy-seed bruised, and let it lye in Ale three or foure houres, and then seeth them together and straine them, and give the sick to eate thereof warme, and shal quickly make him sleep, by Gods grace.

To draw a Bile from one place to another.

Take *Oculus Christi*, and *Vervaine*, and make a plaster of them, and let the same be laid from the Bile, two fingers breadth, and when it hath laine a good while renew it, and so remove it stil from place to place, until it be laid on the place where you would have it breake.

To draw Arrowes out of a mans body.

Take *Polipodion* and grinde it with fresh greace that is old, and binde the same upon the place, and it wil soon draw it out, be it Arrow, or Thorn, or any other evil thing.

To draw out an Arrow head.

For to draw out an Arrow head out of a mans flesh, take red Spere root, temper the same and seeth it with Hony, and then lay it on a cloth, and lay it to the wound, and it shal draw it out, by the grace of God, quickly.

For a Dart in a mans body.

Take a Worme that is called *Piacher*, that is as great as a Beane, and is cleane blew or fender, and hath many smal feet, and is white under the belly, and when a man toucheth it, it wil be as round as a button; take this Worme, and rub it wel against the Dart, til it be all broken, and doe this every

day three or foure times, and at every time
take three or foure Wormes.

For all manner of Falling-evils.

Take the blood of his little finger that is
sick, and write these three Verses following,
and hang it about his neck; *Jasper fert mir-
rham, thus Melchior, Balthazar curum, Hec qui-
cum secum portat tria nomina regum, Solvitur a
morbo Domini pietate caduca,* and it shal helpe
the party so grieved.

For the Falling-evil.

Take the powder of Osmond, and the roote
of Piony, and take the powder of Mortegam,
and drinke all these with stale Ale, and let
them say their prayers; and as soon as the
party falleth downe, take the gall of a Dog,
and give the sick to drink with good Ale that
is stale, and by Gods grace he shal never have
the Falling-evil any more: Proved.

For to Cure the Falling-evil in four dayes.

Take Swallowes, and beat them, feathers,
guts, and all, Castoreum, Vineger, and some
Jermender, distilled first in water, and some
Carduus benedictus water, and then distil all, and
give the sick to drinke thereof. Also take the
root of Piony and make it in powder, and
put it into Pap for a Childe, and let him
or them lick it with a little Suger, and they
that be of age may eate the more quantity
thereof.

thereof. Also the black seed of Piony is good therefore.

For the Falling-evil.

The filing of gold being taken in meat and drinke, is good against that Evil, and if the Patients back be anoynted with the oyle of Juniper in the very chine, and so is a dram of *Castorium* very good therefore.

Also the powder of *Gentiana*, with the juyce of wilde Sage, is good for the Falling-evil.

*The manner and use to be observed and kept in the time of curing of a
Fistula.*

First you must search the ulcer with your Probe, to know the depth & the length thereof, that you may know of what size to make your tent, and annoynt the fore only with *Populion*, and your tent also, and dip the end thereof in the powder following for two dayes, once a day dresse it with your powder, and other two dayes with nothing but *Populion* to remove the asker, and thus inlarge your tent til the worke be knowne unto you, so long as it casteth a blacke, maulty, gory, stinking, or bloody water, stil use your powder, until it come grosse, thick, and white, and then apply mundifiers or clensers, and the ulcer clensed, then use incarnatives, as the green Balme before written, and others that

follow; alwayes rather shortning your tenn
and making of it lesse til you be assured of
the victory for sigillation, sealing or sinking
of the water that hereafter shal follow, terr
med Mother, and the Congelour.

The powder for the Fistula.

Take two ounces of green Copperis, and
burne it in a Goldsmiths por, called a Crusi
ble, *Mercurii sublimati* an ounce, grinde them
smal on a Marble stone, til that it be very fine
powder, and use it when need requireth.

A skinning water for the Fistula.

Take strong Vineger that is white, for that
is best, a quart, of lichearge of gold finely bea
ten, and finely searced, a pound, mingle
them together, and let them infuse in a glasse
three or foure dayes, stirring them together
twice a day, then let it settle a day, and
take the clearest thereof, and put it into a
vial or glasse; and so you have the Mother.

The Congelour for a Fistula.

Take faire water a pint, salt gemme two
ounces, common salt a good spoonful, boyle
all til the salts be dissolved, then put the
clearest thereof into a glasse, and this is the
congelour.

The use of the Congelour.

Take of the Mother three parts, of the Con
gelour two parts and a little more, put them
together, and it wil be an Oyntment, or a
thick

thick Creame, lay it on the place that you would have skinned, or the creeping Tetter, and it shal doe wonderfully for the long ulcers that lack nothing but skinning, and it wil skin in very short time.

For the Fistula.

In what place soever it be, take the juyce of Tormentil, and drop it into the hole, and it helpeth; and so doth a tent dipped in the said juyce, and laid to the Fistula. Also take greene Betony with Salt, and make a tent, and put to it a plaster of the same, and it wil heale it.

Another for the same.

Take of the powder of Copperis, with two parts of Beane-meale, and consecret them with French Sope, and shape a tent thereof, then put it into the hole of the Fistula, it wil cleanse it in such manner, that if there be any bones corrupt or broken, they may bee taken out, and it wil consume the evil moystures.

To stop a very great Flux.

Take halfe a pound of Almonds and blanch them, and stamp them very smal in a morter, and then take twelve yolkes of new laid Egges rosted hard, and put them into a morter, and bray all together, and then take a pint of strong red vineger, for that is best & put it into the same stuffe, then mingle them wel

wel together, and then put all into a faſt
pot of earth, and ſtamp it wel, then take
thereof five or ſixe ſpoonfuls at once, but firſt
warne it, and then drink three or four times
upon a day, if need be.

Another for the ſame.

Take the root of a great Dock that beareth
the Burre, and the leaves of Oake, and ground
Ivie, and make a bath of them, and put thy
feet therein up to the ankles, but no higher,
and let thy feet ſtand long therein, as hee
as yee may ſuffer it, and then keep them
warne.

A Medicine for to ſtop the Flux, or Laxe.

Take three Nutmegs and roſt them, take
of Cinamon three ounces, three new-laid
Egges, and roſt them very hard til they be
blew, then take the yolke from the white, and
much of *Bole armoniack* as a Doves Egge, then
beat the Spices very fine, that done, take all
together and beat them; then put them in a
quart of ſtrong Ale, ſtirring all theſe toge-
ther, then ſtraine them, and ſeeth the ſame
til it come to a pint, then give the party ſo
grieved to drink thereof firſt and laſt.

Alſo take Alligant and thicken it with
Rice-flower, as you would make Pap, then
ſpread it upon a piece of red Leather as
broad as your hand, and for a childe lay it
beneath

beneath the Navel somewhat warme, and it helpeth.

For the Flux, or Laxe.

Take Red-Rose buds, and clip off the whites from the leaves, and dry them, and make powder of them, and give it to the party so grieved in a cawdel, and at three times drinking it shall ease him; and if the party be weake, make him a Tansie of Camphire, Plantaine, and Archangel, a little at a time, as much as an Egge. You may gather these herbs in summer to serve in winter.

To help the Bloody Flux.

Take two handful of Plantaine leaves, and seeth them in faire water, and let it seeth til it be sodden to the one halfe, then take the same water, and straine it through a cloth without any wringing thereof, then with the same water make Rice pottage, and let the Patient eate thereof a good messe, and it will stop the Bloody Flux.

Another for the same.

Take Hen crosse, and the crops of Woodbind, and stamp them, and temper them with warme red Wine, and give the sicke hereof to drink, and let him eate for three dayes together each day five Leekes with bread that is hot, and drinke no drinke but red Wine warme, and he shall be whole, and let the sick have a stoole with a sledge, and make

make there-under a little Charcoale fire, and let it be closed round about with a cloth that no aire may enter : Proved.

For to fret away dead Flesh.

Take Hens bones and burne them, and the shels of ten Egges, stamp them and make powder of them, and lay it to the dead flesh and it wil fret it away.

Another for the same.

Take green Copperis and burne it, and as much burnt Allom, and as much Verdigreace, and grinde them all together, and use thereof as you need, and it helpeth : Proved.

To abate proud Flesh.

Take Hony and clarifie it, and skim it with a feather, and take the white off, and put to it a quantity of Verdigreace til it be green, and lay it thereto.

To raise up Flesh,

Take red Nettles and bray them smal, and put thereto three or foure cornes of Salt, and mixe it with butter, and lay it to the sore, and it wil make the flesh to grow, and to be more faire then ever it was before.

To take the fire out of any Sore.

Take a quantity of Rose-water, Sallado Oyle, an Oxe gall, Housleek, the juyce of each a like quantity, and so beat them all together.

gether til that they be all one, and so annoynt the place, and it wil take away the
re.

For the Gout, a most precious Medicine.

Take a good handful of Rew, as much of Plantaine, and as much of red Sage, and stamp them as small as you can, then take halfe a pound of black Sope, and a pennyworth of the Treacle of Jene, and mingle all these together; then put them in a close vessel, and when the paine begins to come, make thereof a plaster, and lay it thereto, and he or she shal bee eased within an houre. Proved.

For the red Gout.

This experiment is proved best. Take Quick-silver, Brimstone three parts, and two of Quick-silver quenched with fresh greace, and the juyce of Earth-bind, and a little of Swines gall, and mingle all together, and put it into boxes, and when need requireth annoynt the place, and you shal be whole.

For the Gout that is bolning.

Take Beane leaves sodden in water, then mingle it with Swines greace, and lay it to the sore place, and it doth away all the bolning.

Also for the same you may take a Foxe, and make oyle thereof, and therewith annoynt the Patient.

For

For the Gout that is in the Bones.

Take three tosts of Rye-bread, and toast them wel, and then lay on a dishful of Garlick, and stamp them, and lay it on the Gout as hot as may be suffered. Also Wall-wort sodden in Wine til it be wel thickned, and the sore annoynted with the same, is very good. Also Nettles stampd and laid upon the Gout, helpeth it.

Another for the same.

Take an old fat Cat and slay her, and draw forth her guts, and bray the Cat, and put her all together in a fat Ganders belly, and put thereto halfe a pound of Pepper, Mustardseed, and Parsly-seed, of each foure ounces, Worm-wood and Garlick a good quantity, Bole armaniack six penny waight, then roast it, and the greace that droppeth from the same, keep it, and annoynt the Patient withall, and by the grace of God the ache wil goe away, for being thorowly annoynted therewith, it presently helpeth him.

Another for the same.

Take a handful of Rue, as much Canel, as much Turpentine, and red Sage, of each of these a like much, stamp them all as smal as you can, then take halfe a pound of blacke Sope, and mingle all these together, and put them in a close vessel, and when the paine beginneth for to come, make a plaster thereof,

and lay it thereto, and the party so grieved shal have ease within one houre.

For the Gout in the Toes.

Take the root of Fragon, Matselon, and the root of Launceroy, stamp them and drink them with white Wine, every day fasting.

For the Green-sickness.

Take Betony, Harts-tongue, Liverwort, of each a good handful, a Fennel root, wash them and bruise them, and put them in a killet with a quart of Ale, two spoonfuls of Alisander seeds, and foure good sticks of Licoris, let all be bruised, and boyle all in Ale, til it be halfe wasted, then straine it, and make it sweet with Suger, and put into it a little Mace and Nutmegs, and use to drinke thereof warme, morning and evening, three or foure spoonfuls, and likewise when your stomach doth come upon you.

Another for the same.

Take the keyes of an Ashen-tree, being dried and made into powder, and take of red Fennel, red Sage, Marjoram, and Betony, and seeth them in running water from a pottle to a quart, then straine them, and drink thereof a good draught with Suger, morning and evening luke-warme.

For gnawing and aking in Joynts.

Take herb Bennet, Sheeps suet, and Oyle of Olive,

Olive, try them together, then take it off the fire, and make thereof a plaster, and lay it to the fore, and it wil ease you.

For a hardnesse in the Body.

Against the hardnesse of the Body, take a good quantity of Lilly roots, with an herb called *Brancha ursina*, and the root of *Mallows*, and *Holly-hock*, and temper them all together in Wine, and Oyle, twelve dayes and then straine it, and in straining put thereto Waxe and Oyle, and make an oynment thereof, and therewith annoynt the hard-bound body.

Against Heat in the Body.

Take and eate Ribe Berries, and drink the juyce thereof, it is very good for them that have over-much Heat, for it cooleth them, and an Electuary made of these Berries is very good for them that are grieved with over-much Heat in the body.

Also take the distilled water of Oxe dung, it is very good and profitable for the same.

A Medicine for the black Jaundies.

Take *Gentiana*, long Pepper, *Calamus aromaticus*, *Avene*, Raisins, Currans, white Sopps of Spaine, of each of these an ounce, and take a spoonfull of Musterd-seed, and boyle them all in a quart of Wine til the third part be wasted.

An

Another for the same.

Take Angel towchis, and grinde them small, but first wash them as cleane as ye may, then put thereto a quantity of Neates-foot boyle, and a quantity of Vineger, drinke this Medicine cold three times, and it wil cause you to cast out all the sicknesse in your body presently.

Another for the same.

Take Fennel, Sage, Parsly, Gromwel, of each a like much, and make pottage thereof with a peece of good Pork, and cate no other meat that day. Proved.

*For the yellow Jaundies, and
Green-sicknesse.*

Take of Ivory made into smal powder halfe an ounce, of Turmerick three quarters of an ounce, as much of Saffron as the weight of a groat, compound all these wel together, and use to drink of this potion first in the morning, and last in the evening, with a draught of good stale Ale; but if you take it for the black Jaundies, you must first purge Melancholy, and for the green Jaundies without purging; and this Medicine wil helpe both, as hath been proved.

For the Yellow Jaundies.

Take a great white Onion, and make a hole where the blade goeth out, to the bignesse of a Chesnut, and then take Treacle of
Q Jane

Jane, as much as wil fil the hole, then take halfe an ounce of *English Hony* being beater, and so compound the Treacle and Saffron together, and put it into the Onion, and see it against the fire, and rost it wel that it doe not burne, and when it is rosted, straine it through a cloth, and give the juyce thereof to the sick three dayes together, and it shal help them.

Another for the same.

Take a red Dock root and scrape it, and lay it in a quart of strong Ale all night.

Another for the same.

If the Patient drink the Sope of *Spaine*, and the shavings of Ivory, it is very good for the yellow Jaundies, being either old or young.

To expel the venome of the Jaundies.

Take of running water a pint, of Endive and Succory, of each halfe a handfull, let them boyle til the halfe be wasted, then straine it, and put thereto of Rubarb one dram and halfe, and of Spiknard a halfe penny weight fine beaten, of Suger three ounces, and let it boyle a little, and then take it off, and let it stand close covered all night, and the next day early straine it, and give the sick to drinke thereof fasting, and let him abstaine from meat two houres after.

For the Jaundies in young Children.

Take of Rubarbe, of Turmerick the weight of ten pence, of white Sugar-candy as much, of Spiknard the weight of three pence, make all these in fine powder, and mixe it together, and three dayes together take thereof in white Wine, or Rhenish Wine.

Another of the same.

Take Turmerick, Saffron a penny weight, the shavings of Ivory foure penny weight, the shavings of Harts-horne as much, a spoonfull of the juyce of *Capilli Veneris* made into powder, and drinke it in Wine, and put thereto a pretty quantity of Sugar, and it helpeth the same.

For an Impostume.

An Impostume is a swelling or aking out of kind, and it is either of a corrupt humour that must be broken out, or else of superfluity of a humour that should nourish that member.

First there must be given a Purgation, after that repercussions, or maturatives.

The Remedy.

Take Hollihock, Licoris, Lintseed, dry eggs, Lilly-roots, and Juniper berries, seeth them long in water, after doe away the Licoris and the Juniper berries, and bray well the other, then put thereto Barly meale, Raseed, Fenegreek, and boyle all these to-

gether wel, and annoynt it first with frea Butter, and this ripeneth Impostumes with in and without, and it is good in an hard and dry Impostume though it waxe as hard as a stone; Repercussions, to smite inward, to matter againe, should not be used in Children, nor in old Men, neither where matter is woodish, or fervent, nor where the water is much now and then in the burning sicknesse, in the *nigrescens* as grieveth, when the Impostume or Botch cometh on a noble limbe or member, then shal hee be kept there, and not driven away from thence for dread of the better member, which is a breeding of the Impostume, and the venemous matter thereof; repercussion must be taken in time ere that the matter be full ripe, and ere it be corrupt and rotted and that is done commonly with the juice of cold herbs, as Petty morrel, Purslaine, the wood, and *umbelicus Veneris* with Oyle of Roses, and a little Aysel, a little *Bole arm* niack, a cold oyntment, as *Populion* or *unguentum album*, or the cold oyntment *Iusquinian* and Poppy and Lead, and seeth green Plantaine, and Vineger, and the white of Egge.

To breake an Impostume.

Take a Lilly roote, and an Onion, and boyle them in cleane water til they be soft

and then stamp them and fry them with Swines greace, and lay it to the Impostume as hot as the Patient may suffer it.

To ripen an Impostume.

Take Wormwood, Mallowes, Mugwort, of each a good handful, stamp them, and mingle them with a quarter of a pound of Swines greace, and fry them; and put to it a handful of Wheat bran, and a little white Wine, of Honey foure ounces, boyle them til they be thicke, and lay it hot to the sore place.

For an Itch, or breaking out.

Take an ounce of Quick-silver, two ounces of oyl of Baies, and mingle them wel together until that you can see no Quick-silver, and put it into a boxe, and annoynt the Patient once in twenty foure houres, and it shal kil the Itch.

Another for the same.

Take Frankinsence and bray it smal in a Morter, and mingle it with Oyle de Bay, and therewith annoynt thee all over, and it wil destroy the Itch.

For all Itches.

If the heat of the Itch be in the wrists, then let the party drink every day, or every other day, of the juyce of Fumitory, fasting, and in the Winter let him drink the sirrop of Fumitory with warme water, for it clenseth

all scabs and other corrupt humours that em-
sue, as Leprosie, &c. and cleanse the blood
the veines.

Another for the same.

Take the juyce of Peniroyal, the juyce co-
Saven, and the juyce of Scabious, the juyce co-
Sage, the juyce of Pellitory, and Barrowee
greace, and black Sope, temper all these to-
gether, and make a salve for the Itch.

Also take Fumitory, or Earth-gall, and
seeth the same in Wine, and it is very good
for the Itch.

*Against grievous Itches, either in
Men or Women.*

Take the juyce of *Calidon*, *Tapsi Barbati*, co-
Hony purified an ounce, beat them all toge-
ther til they be wel mixed, & set them on the
fire, and when they have simpered take it
from the fire, and reserve it to thy use, and
when thou wilt use thereof against Itching
take thereof as much as thou wilt, and put
thereto of burnt powder of *Vitriol*, of burnt
Allom, of each a like much, and use this til
that thou be wel.

For the Ring-worme.

Take of the Gum of a Cherry-tree a good
quantity, of the gum of a Plum-tree as much
& dissolve them in Vineger that is very good
and oftentimes annoynt the sore place there-
with, and it helpeth.

For the Kernels, or Kings-evil.

Take two ounces of the water of Broom-flowers distilled, and give it to the Patient in the morning fasting, and it wil purge the evil humour downward, and wasteth and healeth the Kernels without breaking them outwardly.

Also if you seeth the water of Broome-flowers, and put it in the Patients wine, it wil give him great ease.

Also if you stamp Cuccow-pintle with Bores greace, and lay the same to the place, it helpeth.

Also if you make a plaster of red Dock, and stamp old greace therewith, it helpeth.

For the Kings-evil.

Take the root of Briony, or of *Aristolochia longa*, or Sperewort, a like much, and beat them with Hony, and old greace, and lay it thereunto.

Also take Beanes, and mingle them after they be beaten with the gleare of an Egge, or old Oyle, and it wil dissolve the Kernels, or Kings-evil.

Also if Darnel be sodden in wine with the dung of an Asse and Linseeds, being drunk it helpeth mightily.

Take of the decoction of the barkes or pills of Copperis, and Sperage, and annoynt it with this oyntment.

Take a gray Serpent and cut off his head and tayle, about foure inches thereof, and afterward, with the greace of that Serpent annoynt the said sore.

For a Laxe.

Tak Sene an ounce, Rubarbe two pennyworth, Spiknard a penny weight, infuse the same with white Wine, or water of Bugloss or Borage, of each halfe a pint, and warme them scalding hot, or boyle them a litle, and so let it stand all night, then warme in the morning and straine it, put in a litle Ginger, and Suger, and so drinke it all warme, til that thou be wel eased thereof.

A powder Laxative.

Take halfe an ounce of Sene in powder, a quantity of Spiknard bruised, and an ounce of Ginger in powder, braise all these very wel, and put this into the soft pap of an apple, and so use to take a pretty quantity of this to bedward.

A powder for a Laxative person.

Take in Summer the white flowers of Elders, as much as yee wil occupy all the year, and dry it two or three dayes in the Sunne, and then put the same into a bladder, and when you wil occupy it, dry it as you doe Saffron, and put a litle in an Ale-berry, or in a messe of Pottage, and incontinent you shall have three or foure stooles:

For the Leapry, a Medicine.

Take the ioyce of Black-berries, and temper it with sirrop made of wilde Sage, it is good for them that be Leprous, and they that feare the coming of it should use every morning to drink halfe an ounce thereof.

Another for the same.

Take and make a bath of strong Wine, that the leaves and flowers of Elder is sodden in, for it greatly profiteth them that be like to fall into Leprosie by reason of flegme.

Also a bath made in water that Scabious and Mullen is sodden in, is good for them that have the spice of the Leprosie, called *Alopice*, in the which the haire fall.

To make a Man leane.

Take and fil a pan ful of Filberd flowers, and seeth them a night and a day, and put thereto Wine that they dry not, then let the Wine be strained, and let the patient drinke five dayes together in the Moneth of February.

For the Lungs.

Take Southernwood, and mingle it with Licoris, and Ilope, seeth it in wine or water, make it sweet with Suger, and so drunk it is very good for all diseases of the Lungs and Breast; when the sicknesse cometh of cold, the breast shal be annoynted with *unguentem diathea*, and it easeth.

Also

Also the broth of a Creves is good for the paine in the Lungs consuming, as when a man hath a swelling about the Lungs, then he cometh to drinesse and consuming of the natural moysture til he dyeth. Also the rooke of wilde Rapes is good to cleanse the Lungs, if it be sodden with Licoris, and drunk. Also, if Figgs be sodden with Isopp, it clenseth the Lungs, and healeth the old Cough.

For the Morpew.

Take water of Elder, and drinke thereof three spoonfuls in the morning, and when you have drunk thereof, walke up and down til you catch you a good heat, and then take a pint of white Vineger, and nine Oake apples, and cut them and lay them three daies and three nights in the same Vineger, and after take a faire linnen cloth, and put the apples therein, and then straine them, and with the liquor thereof annoynt thy body three dayes.

Also take the juyce of Selidon, and mingle it with the powder of Brimstone, and doe it to the Morpew all cold.

Also for the Morpew white or blacke take Mustard-seed and Salt, and stamp them together, then temper them with Vineger, and annoynt the Morpew therewith.

For the Morpew white or blacke.

Take an ounce of fine Verdigreace, and an ounce of Brimstone, and make them both into smal powder, then take two Sheeps-heads that are fat, and slay them, and cleave them, & take out the brains and cast them away, then wash them cleane and seeth them til they be tender, and then take them off the fire, and let them stand til the next day, and then gather off all the greace thereof, and mingle the foresaid powder therewith, and then put it in a boxe, and let it come neare no fire after thou hast done them together, but worke them all cold, and it wil heale the Morpew, be it white or black, if you annoynt the sick therewith against the fire every night when he goes to bed, and in the morning wash it away with Vineger.

Another for the same.

Take black Sope, and put it in a cleane cloth, and put it in your owne Urine, and therewith annoynt the Morpew. Also let the party grieved drinke morning and evening, water of Fumitory, and water of Borage mingled together in like portions, and within fourteene dayes it wil make him leane.

Also take green Copperis, and put it in cleane water, and let it stand a day, and then cleanse

cleanse the water, and then annoynt the
Morphew with the water.

A Medicine for the Marmole.

Take Broom-flowers and dry them, and
beat them to powder, and temper the pow-
der with oyle made of Mints, and a little Vi-
neger therewith, and annoynt the sore therewith.
Take great Wall-nuts as they grow
huskes and all, and bray them in a Morter
and temper it with Oyle-olive, and fry it in
a pan, and put thereto a quantity of Pitch
in the frying thereof, and straine it through
a linnen cloth, and therewith annoynt the
sore, and lay Plantaine leaves about the back
towards the sore, and every morning wash
the sore with Madder water.

For to beale a Marmole.

Take a pint of clarified Hony, and a quart
of running water, and a great quantity of
Sage, and seeth them together as wel as thou
canst, and wash the wound with the liquor
and lay a Sage leafe on the wound.

Another for the same.

Take Oyle-olive, and annoynt the sore
therewith, and lay thereon a Plantaine leafe,
and every morning wash the sore with Mad-
der water.

For to Cure a Marmole.

Take fresh Seame, and the Kernels of ripe
Nuts, and stamp them smal as may be, and
blend

Blende them together with *Aqua vite*, and Hony, and make them thick as a plaster, and lay it on a linnen cloth, and put it to the Marmole, and as often as yee shal change the plaster, yee shal finde it ful of red Wormes, and therefore keep this Medicine thereto, fresh and fresh, til such time as the Wormes be cleane out, but look that you claw not your Leggs to make them bleed.

A Maturative to ripen a Botch, or a Bile.

Take soure Dow, and white of old Swines greace, and beat them together, and put thereto Salt, and the powder of Comin, and mingle them wel together, and make a plaster thereof, this ripeneth and breaketh Impostumes: but my Master did put thereto powder of Fenegreek, and the yolke of an Egge at one time, if there be much, for failing of the Heart.

How to make Nerve-oyl for all Akinges.

Take two pound of wilde Merth, and a pound of Ambrosen, and a pound of Camomile, a pound of Betony, and a pound of Sage, a pound of Morts, and a pound of Hawhew, and a pound of Southernwood, a pound of Mugwort, and a pound of Wormwood, a pound of Mallowes, and a pound of Hollihocks, a pound of Hore-hound, and a pound of red Nettles, a pound of Laurel leaves, and a pound of Liverwort; then take
all

all these herbs and stamp them in a Mortar
small, and put thereto three or foure pound
of May butter, and a quart of Oyle-olive,
and stamp them together, then put them in
an earthen pot, and cover it wel, and set the
pot in a moyst place, and let it stand nine
dayes, and the tenth day take it out of the
pot, and put it in a pan, and set it on the fire
to seeth, and stir it that it doe not cleave to
the pan, and when it hath wel boyled, take
it off from the fire, and straine it through a
cloth, by little and little into a faire vessel,
then take that liquor, and put it in a cleane
pan, and set it over the fire, and put thereto
a quarter of a pound of Sheeps tallow mel-
ted, and as much Frankinsence wel broken
in powder, and stir them wel together till
they be melted, and then take it from the fire,
and let it stand and coole, and make there-
in a hole, and let out the water thereof, and
turne it on the other side, and doe away the
foulness thereof; then take it, and put it
in the pan againe, and set it over the fire till
that it be molten, and then put thereto a
pint of the greace of a Gray, if you may have
it, then with a feather scum it cleane, and
put it in boxes, and this is the kindly make-
ing of Nerve-oyle, and this oyntment is
hot.

To make Nerve-oyle to help all Sinews, and
to put them in their strength.

Take Ambrosen, Camomile, herbe John,
herbe Walter, herbe Robert, Eglantine, the
leaves of Crosse-wood, Fenegreek, Laurel
leaves, as much thereof as of all the other,
reake them and lay them in white Wine,
and let them lye so fourteen dayes, then take
a pottle of greace, and a quart of May but-
ter, and Oyle-Olive, and boyle them toge-
ther, and straine them, and let them coole;
and so use it to the shrunk sinews.



Here followeth the making
of divers kinds of Oyles, and
it shews which be hot, which
be cold, according to the
opinion of Hippocrates
and Gallen.

Oyle of Roses.

Take and fill a Glasse-sal of Rose leaves,
and put thereto one pound of Oyle-
olive, and stop it wel, and set it in the Sun,
irring it every day once for the space of fif-
teen

teen dayes, then straine it through a cloth and put it upon cold water, and stirre it with Hasle wood, but take the barke off, and this is moyst and cold.

Oyle of yolkes of Egges.

Take yolkes of Eggs, and put them in a pot over the fire, and let them stand over the heat of the fire til you perceiue they are become black, then put them in a presse, and presse out the Oyle, and this Oyle is good for all manner of burnings and scaldings whatsoever.

Oyle of Henbane.

Take the seed of Henbane and fry it in Oyle, and presse it through a cloth, and afterward put the same for your use into some Glasse, for this oyle is good for all manner of swellings, and burnings in the joynts.

Oyle of Mandrakes.

Take and cut them in diuers peeces, and seeth them in a double vessel of Glasse, and set them in the Sunne, and let it stand nine dayes, then set them on a smal fire til they be thick, and keep that oyle, for it is good for all Festures.

Oyle of Laurel.

Take Laurel leaves and bray them in a Morter, and let it stand two or three dayes, and then seeth them, and strain them through

a cloth, and that which heaveth above is the
oyle.

Also take Laurel berries when they bee
green, and seeth them in oyl, and strain them,
and it is good oyle.

Also take Laurel berries when they be ripe,
and seeth them with Laurel leaves, and there-
of thou shalt have the best oyle, and this oyle
is good for divers cold causes.

*Another sort of Oyle, very necessary
for divers purposes.*

Almonds or Nuts blanched let be put in a
pot full of holes in the bottome, and set that
pot upon a seething pot, that the breath of
the seething pot may enter into the other
pot, and wring these Kernels, and receive
the Oyle, and keep it in a Glasse, and this is
good for divers purposes.

To make Oyle of Mustard-seed.

Take foure pound of Mustard-seed, and
foure pound of Oyle, grinde them together,
and let them stand so nine dayes, then straine
it and keep it in boxes; this Oyle is good
for the Palsie, the Gout, the Stitch, and also
for the Podagra.

To make Oyle of Fennel.

Put a quantity of Fennel betweene two
tile-stones, or plates of Iron, make them ve-
ry hot, and presse out the liquor; and this

R

Oyle

Oyle wil keep a great while, for it is good for the Tislick, dry Scab, and for burning cold scalding.

To make Oyle of Rue.

Take Rue leaves and cut them smal, then put them in a pot with common Oyle, the space of nine or twelve dayes, then seeth them till they be wasted to the third part, then straine it, and this Oyle is very good for to preserve from all manner of privie causes of Pestilence, which are remaining within a Man or Woman, or Childe.

To make Oyle of Ivie.

Take Ivie leaves and bruise them, and put them in Wine and Oyle, in the same manner as you doe Laurel berries, and so make this oyle of Ivie berries.

Another of the same.

Take Ivie berries with the leaves, and seeth them after the same manner as you doe Laurel berries, even so doe by the Ivie berries.

To make Oyle of Camomel.

Take the flowers of Camomel and stamp them in a Morter, and put thereto Oyle of Olive, and let it lye in the juyce twelve daies and let it seeth over the fire, then let it boyle a little, and take it off and presse out the juyce, and put it into smal Glasses, and put thereto the flowers of Camomel being stamp

bed smal, and let it stand sixteen dayes, and
this oyle is made.

To make Oyle of Roses.

Take Red-Rose leaves a good quantity,
and stamp them in a Morter, and put thereto
Oyle-olive, and let it stand in the Sun twelve
dayes, and then put it in a Glasse, and bind
fast the Glasse about with ropes of Hay, and
set it in a pan ful of water, and let it boyle
softly two hours, and then let it cool, then put
it in smal Glasses, and put thereto the leaves
of red Roses all whole, and stop it fast, and
set it in the Sun for sixteen dayes, and so use
it at your need.

To make Oyle of Olibanum.

Take Bawme-flowers a bushel, and pick
away the buds, and beat them, and put
thereto fresh butter, and a quart of Swines
greace, and a pottle of Oyle-olive, and put
it in an earthen pot or pan of three gallons,
and stop the mouth fast with Dow, and set it
in the ground, and take a Tyle and doe it up-
on the mouth, that nothing doe come there-
to, and let it stand forty dayes under the
ground, and at the forty dayes end see that
you be not fasting, then take a pan with a la-
dle and put it therein, and set it over the
fire, and give it three waumes upon the fire
till it be green, then take it from the fire, and
draine it into a pewter Bason, and doe it in

an earthen vessel where you wil keep it. This is the true making of Oyle of *Olibanum*, and it is moyst in working; it is good for all manner of sores, but especially for the Mercurial and Canker, and for *Noli me tangere*, and for any other sore; proved by many Masters of Chirurgery.

To make the Oyle of Exceter.

Take two pound of Cowslip-flowers in May, and put them in Oyle-olive, and then keep them in an earthen pot close until the Month of June, then take these herbs following, Laurel, Ambrose, Calamint, Pelitory of Spaine, Sage, Pelitory, Scabious, Lavender, herbe *Iohn*, Lilly roots, Rosemary, each a handful; bray all these in a Morter, then take the Cowslips out of the Oyle, and bray them as you doe the other herbs, then put them in a pan and boyle them together softly, til all the water be cleane sodden away, for if the water be in the bottome, let it seeth til it be waisted, and then strain them through a cloth with cleane hands, and when your Oyle is kindly wrought, then put it in pots or glasses, and stop it from the air. This oyle is good for all Aches, except the Gout.

To make an Oyle for many Griefes.

Take Myrrhe, Aloes epaticum, Spicknarde, Sandragon, Incense, Sarazens flesh, *Bdelium*,
Balm

Balme-seed, gum Aromatick, Siracel, Mastick, Saffron, gum Arabeck, *Storax liquida*, of each of these two ounces, *Labdanum*, Castor, of each two ounces, Musk, and Turpentine as much, make powder of all that wil be powdered, and mingle them with Turpentine, and distil them in a Glasse as you doe Rose-water, and keep it in a very strong Glasse. This oyle keepeth the substance of mans Limbes, and the Sinews, and keepeth dead folks from rotting, being mingled with the oyle of Roses, annoynt all thy back, and the heart, and the fore-head, and the reines, and it maketh a leane body fat; and if the back be annoynted before the axis, it helpeth the Feavers, and for him that can not speake; it is good for the rising of the Mother, for the Falling-evil, for to be put in his Eares, and in his Nose.

Also it is good for them that bee sorry without a cause, and for them that be drunk with Wine; and it is comfortable for all diseases be they hot or cold. Proved.

To make a green Oyntment.

Take a pound of Swines greace, an ounce of Verdigreace, halfe an ounce of *Sal gem*, and make thereof an oyntment, and it may be kept forty winters; and this oyntment is good for the Canker, and for running holes, and for to heale all wounds old and new; it

streteth away dead flesh, and bringeth new
and put of this into a Wound and it shal mo
fester; and this oyntment is good for the ri
sing of the Yard or Morimal, and there is m
pyntment that worketh so excellently as thi
doth.

Another.

Take one pound of Sage, of Bayes halfe
pound, of Rue half a pound, of Worme-wort
as much, and chop them very smal all toge
ther; then take three pound of Sheeps suet
beat the herbs and the suet together til the
be all one, then take three pints of Sallia
Oyle, the herbs and the suet, and mingle the
together, and let it stand two days, and the
set it on the fire, and stirre it together til the
herbs be somewhat hard, then straine them
and preserve them to their use that have
need thereof.

To make a precious Oyntment, called
Deweto.

Take the raseng of Harts-horne two pound
of Fenegreek one pound, of Oyle-olive four
pound, Sheeps tallow one pound, and two
ounces of Galbanum, two ounces of the gu
of Ivié, and two ounces of Perrossen, and
bray them together, and adde thereto a po
tion of white Wine, or of water, and so le
it stand three dayes, and on the fourth da
let it seeth over the fire til it waxe thick, the

take it off and straine it through a cloth, and put thereto a little hot water for the thicknesse, and straine it as hard as you may between your hands, and take the third part of that liquor and put thereto two pound of Oyle-olive, and let them boyle wel til they be somewhat wasted, and put thereto a portion of Wax, and of Tormentil, and doe it to the other liquor, and let them seeth wel til it waxe thick; then take it off the fire, and let it coole, and then put it in boxes. This oyntment is good for great grievances of the stone, and for the aking of the ribs, and all hard grievances, it maketh them nesh, but the party must be annoynted against the fire, for this hath been proved.

To make a good Oyntment.

Take of Smallage and Mallowes, and put thereto two pound of Bores greace, one pound of May butter, and oyle of Neates feet a good quantity; stamp them wel together, then fry them, and straine them into an earthen vessel.

A Medicine for the Palsie.

Take Oyle-olive, and the flowers of Cowslips, put them together, and distil them in a glasse in the Sun, and then take two spoonfuls of the Oyle that shal come of it, with a spoonful of *Aqua vite*, and warme it on the fire in a Saucer, and so annoynt the place

which is benumm'd or grieved, and the Patient shal finde very great remedy. Proved.

Another for the same.

Take a handful of Marigolds, beat them and wring out the juyce thereof with draught of Ale, and put to the same a spoonfull of as good Mustard that may be gotten warme this drinke three times, and give it to the party so grieved.

Another for the same.

Take Cowslips, wilde Sage, Lavender, and stamp them smal, and work them with sweet Ale, and make them up in balls, and make holes in them, and fil them full of sweet oyle and let them stand infused nine dayes, then take them and temper them againe with sweet oyle, and then fry them, and straine them, and annoynt the party so grieved with the Palsie.

An Electuary for the Palsie.

Take Mints, Cinamon, Comin, Rose-leaves dried, Mastick, Fenigreek, Valerian, *Ameos dormici*, Zedoarie, Cloves, Sanders, and *Lignum aloes*, of every one a dram, Muske halfe a dram, make an Electuary with clarified Hony, and let either Man or Childe that hath the Palsie, take halfe as much as a Nut. Also a bath made with these herbs, Savoury, Marjorum, Time, Sage, Nep, Smallage, and Mints, are very wholsome for the same.

*A Plaster for a man that is benumbed in
any Member with Cold, or
Palsie.*

Take Savine, Rue, Sage, Mustard-seed, and temper it with white Wine, and make it as thick as it were a plaster, and so let it stand in a vessel a day and night, and then lay it on a cloth thick, and lay it to the member benumbed.

*For the pricking of a Thorne or Needle
in a Joynt, and the hole stopped.*

Take fine bolted flower of Wheat, and temper it with white Wine, and boyle it together til it be come thicke, and lay it to the sore as hot as you may suffer it, and it shal open the hole, and draw out the venome, and cease the aking, and heale it againe; this Medicine is good to heal a Bile, or any Whitlow, or Uncome.

For the pricking of a Thorne.

Take Madder roots and grinde them smal, and boyle them with Oyle-olive, and lay it thereunto, or else with the aforesaid Oyle annoynt the sore place, and it wil doe thee good.

A Preparative.

Take of Endive, Succory, Harts-tongue, Borage, of each a handful, of Parsly roots, Fennel rootes, Fumitory, and the tops of
young

young Hops, of each a quarter of a handfull
 of Time, Betony, Germander, of each foure
 crops, great Rainsins a handfull, a little Licorice
 bruised, halfe an ounce of Fennel seed, seete
 all these in a pot of faire water to the halfe
 then put thereto fixe spoonfuls of Vinegar
 and after one boyling straine them without
 pressing, then take the clearest thereof, and
 you wil make a sirrup thereof, put to a pinte
 of the broth a pound of Suger, and in the
 boyling thereof put thereto a little Cinamon
 bruised, the weight of eight pence, let him
 drink of this foure good spoonfuls, with fixe
 spoonfuls of Borage water warmed, fasting in
 his bed, and sweat after it.

To make an excellent Mellilot plaster.

Take of green Mellilot bruised ten hand-
 fuls, boyle it in a pottle of white Wine to
 the wasting of the halfe, and straine it, then
 put thereto of Rosin a pound, Wax as much
 Sheeps tallow foure ounces, Turpentine
 three ounces, Mastick one ounce, boyle all
 save the Mastick, until the wasting of the
 juyce more then halfe, then bruise other fixe
 handfulls of Mellilot, and put to it while
 it is a boyling, and stirre it wel while
 it hath a play or two, then take it from the
 fire, and straine it while it is hot through a
 coarse Canvas bag, and with wringing and
 jumping between two round flaves, til boy-
 led

little and little the stufte, gums, and juyce be
come all out as much as you can get, and
when you may handle it, put thereto your
ounce of Mastick finely powdered, and make
it in roulees.

To make the Powder of Lifes

Take Spinage, Columbine, Camomel, the
seed of Fumitory and Marigold, of every of
these herbs and seeds one handfull, and dry
them out of the Sun, and make thereof pow-
der, and give it to drink either hot or cold;
for this hath been proved a Medicine full
true.

*The Philosophers Stone so called, for Medicine to
cure all Diseases both within and without, Fistulaes,
Canker, Pox, Falling-sicknesse, Wolfes,
S. Antonies fire, and all incurable
Diseases, proved.*

Take Cealndine leaves fast by the roots in
May or Iune, and seeth them in running wa-
ter, until such time as they doe come to pap,
and as pap take them forth, and grinde them
on a stone very fine as Green-sauce, and let
it be no dryer; then put them in a Glasse
with a Limbeck head and a receiver, but it
must be distilled in *Balneo*, likewise re-
ceive the first water by it selfe, and when it
beginneth to drop somewhat slowly, or to
change,

change, then take that receiver away, and
 put another to it, and then take that as long
 as it wil distil, then take that Glasse away
 and keep it closely and sure, for that is the
 fiery Element, and the first is the Water; then
 let your Glasse coole, and then set it in asheet
 in a dry Furnace, and draw the last water by
 it selfe, for that is the Aire, and that that re-
 maineth in the bottome is the earth, which
 earth you must take out, and grinde it on
 stone fine, and let it stand upon the stone for
 to dissolve into water, for so it wil in time
 so that the stone stand in a moyst place, but
 you must remember to close your stone
 round about, that the water passe not by
 when it is in moystnesse, set your stone hang-
 ing a little aside, and make a little gutter for
 the water to run into the glasse, in the which
 glasse it must be congealed until it come to
 earth, therefore stop your glasse that no-
 thing doe goe out, but that all may come to
 earth againe, and thus with that earth grinde
 it and dissolve it, and congeale it two or
 three times for that is better, and then this
 earth wil do great wonders, cure all diseases,
 wil run thorow all wounds, and cause
 the same for to heale surely, and being drunk
 with your *Aurum potable*, and as much of
 that earth as a Hasel nut, this wil ex-
 pulse all wicked humours out of thee, that

no ill can grow in the body, if you so use it
out once a week with the portion.

Also your first water must be distilled of-
ten; and what remaineth stil in the glasse,
must be put into the earth, for that is earth, if
the Physitian doe wel skil upon the triplici-
ties, and who hath the great governance in
man of the triplicities, as for the earth *Taurus*,
Capricorne, and *Virgo*, and for the aire *Aqua-*
rius, *Libra*, and *Gemini*, and for the fire *Leo*,
Sagittarius, *Aries*, and for the water *Cancer*,
Scorpio, and *Pisces*; then who so can know
the complexions in them, and minister ac-
cordingly, he shal doe great wonder with
these Medicines and Quintessences, and as for
the earth being so used as aforesaid, it wil
dissolve Silver of it selfe, and also Gold, and
also heale many incurable diseases in Man or
Woman that have long reigned, and been
most uncurable for to be healed. *Laus Deo.*

To make *Aurum potabile & Quintessentia.*
Take *Tartar* the best you can get, and finely
calcinate it very white, then take a part a-
bout a pound, and let it drink foure pound
of *Aqua vite*, rectified by little and little, and
then give the *Tartar* to drinke of the *Aqua*
vite; this must be done in a Glasse or Lim-
beck, set upon the ashes with a little fire, and
ever keep it close, and so being congealed, in
manner somewhat liquid, then dissolve it
with

with more *Aqua vine* rectified, and by am
 by it wil dissolve, and look as it were Azur
 right in colour, then take of this water
 dained of God for to comfort his Creatures
 put it in a vessel of faire glasse againe, bein
 dissolved cleane, then take fine Duckat gold
 but beware of the same gold, take an ounce
 first fined in a teste, and then fine beaten
 fine sheets, then take pure fine life Hony four
 spoonfuls, and take a quarter of *Gentiana*
 fine searced to powder, the Gold, *Gentiana*
 and Hony must be ground finely, and put
 the Quintessens, and halfe an ounce of fine
 mother of Pearl, grinde all strongly together
 upon a Marble stone, and put all into your
 water, or Quintessens, put all into your
 glasse, and set it a distilling with a gentle
 fire, and let it distil up and downe ten
 twelve dayes, and then keep it close and safe
 for it is good, let it distil in moist balnes
 any case, and then it is done. Some doe use
 make oyl of gold in this manner, they do take
 vinegar, and put filing of gold in it, or least
 gold, so let it stand in the Sunne when it
 hot twelve dayes, and there wil arise upon
 the vinegar as a scum, the which you must
 gather with a feather, and as you gather
 you may put it into your *Aurum potable*,
 else grinde it with your Hony, Pearle,
Gentiana, for this gold is better, for this

one of the Philosophers great secrets hidden;
this is a vertuous Quintessens, or water of
life to heale evil infirmities, as Leprosies, and
many as be in man that are hard for to
heale, and if a man be a dying, and have but
one dram of Nature within him, give him
but one spoonful of it, and, if his time bee
not ordained of God, it shal help him cer-
tainly, and wil procure him for to live lon-
ger, by Gods providence provided for
man.

*Note this noble Divine Plaster which
bath a number of vertues in it,
as hereafter followeth.*

Take Galbanum an ounce, Armoniaci three
ounces, Opeponaci an ounce, new Wax twen-
ty ounces, Oyle-Olive a pound, Litharge of
old thirteen ounces, Olibanum two ounces,
Myrrhe an ounce, green Copperis an ounce,
Aristolochia longa an ounce, Mastick an ounce,
Sedellium two ounces, Orimanda calamita foure
ounces, make all these into powder every one
severally by it selfe, take a pot of earth
and your Galbanum, Armoniaci, Opeponaci,
and put it in white vineger very strong, and
cover the pot til such time that all be molten
in it, after straine it through a Strainer,
then put it in a cleane vessel, and set it on a
gentle and temperate fire, and let it sim-
mer together until all your vineger be consu-
med,

med, then take your Oyle-olive, and put
in the same pot, and so stirre them together
on a gentle fire continually, and when all
molten then put in your Litharge of Gold
made in powder, and as you put it in you
must ever be stirring of it that it may com-
sume in the substance; and thus you must use
it until it come to blacknesse, then put in
your Bdely, *Olibanum*, *Aristolochia longa*,
Myrrhe, Mastick, your Verdigreace, Coppe-
ris, and your *Calamita*, let it be all in very
fine powder, and when it is sod and wel
boyled it wil be blacke and red, then put
little on a stone or cloth, and if it be hard
then it is sodden wel, then let it seeth untill
such time as it be hard, and so preserve
it; then annoynt your hands with Oyle
olive, and so take it forth, then make it in
roles as Past, and put it in a peece of Goats
skin wel and clean made, then put it in a vessel
of Lead to keep, made like a boxe close, for
this is the precious Divine plaster of all the
world, none like it, it is a Kings Jewel of
health, for it is good for all Diseases both
old and new, and shal give new flesh, and
good, that he had no better before; if
man be broken let him make a plaster, and lay
it to nine dayes, it shal knit sure for ever
gaine by Gods grace.

The black Plaster for all manner of Griefs.

Take a pot of Oyle olive, a part of red Lead, boyle these together, and stirre them with a slice of wood continually, until it be black and somewhat thick, then take it off the fire, and put in it a penny-worth of red Wax, and a pound of Rosen, and set it to the fire againe, but you may not blaze it, and stirre it, then take it off and let it stand until it be cold, and make it in a lump, it is good for a new wound, or to stench blood, poure a little of it in a dish, and if it stick fast unto the dishes side, then it is enough, and preserve it to your use as need requireth.

*The making of the Flower of all Plasters,
and Salves, called, Flos unguen-
torum per G. K.*

Take halfe a pound of Rosen, halfe a pound of Perrosen, a quarter of a pound of Frankinsence, a quarter of a pound of Virgin Wax, an ounce of Mastick, a quarter of a pound of Deers suet, a quarter of a pound of Sheeps suet, two drams of Camphire, a quarter of a pound of Venice Turpentine, and melt it that it may be molten, and make powder of that which may be beaten to powder, and searce your powder thorough a fine carcer, and so compound this salve, or plaster with all; your Wax, Sheeps suet, and Deers suet must be first melted on a soft fire,

then your *Olibanum*, Mastick, with your *Rosin* and *Perrosin*, and your *Frankensence* and *Myrrhe*, and last of all your *Turpentine* of *Venice*, and as you put these gums in, you must ever be stirring it with a little stick that it doe not grow to the Kettle side, with a soft fire, the gums being thorowly molten take the Kettle from the fire, stil stirring in let your *Myrrhe* and your *Turpentine* be put in the last, for they must not abide on the fire long after they are put in, then take a pottell of good white Wine, and let your strainer be of Canvas, ready for to straine the said gums withall, and let there be no holes in the Canvas strainer, then take a faire bason or Peece, and put in it a quart or three pint of your white Wine, and then let it run thorow into the white Wine, & so let it cool for the space of two houres, and then worke it and make it up in roles, and let the rolle lye and continue stil in the white VVine, for it wil be white as Alabaster, and ye may keepe it seven yeares in full effect and goodness, and especially for all new VVounds and Aches, being spread upon new Canvas and applyed to the grieve; and these be the vertues of this *Flos unguentorum*.

Also this noble Salve or plaster among all other, is most cleansing, and wel sounding the flesh, that it healeth more in one weeke the

then any other, it wil suffer no corruption to be ingendred in Man or VVoman, nor no evil flesh to grow; for all these diseases above named, it is the most strange Medicine that ever was found, as in experience it hath been ful many times proved and tryed.

The golden Plaster that healeth all bruises of Veines or Sinews. Proved.

Take Colofony, Pitch, Rosin, and Oyle, of each three ounces, of liquid Pitch an ounce, of *Olibanum* an ounce, of *Auri unguenti* an ounce, of VVine as much as sufficeth, and makethereof a plaster, and lay it to, and keep it to your use.

To make Gratia Dei.

Take halfe a pound of Rosin, and boyle it in a pan until the some or scum be come off, then take a quarter of a pound of unwrought Wax, and put it into the Rosin, and boyle them together as is aforesaid; then take an ounce of Sheepes suet, and as much Turpentine, and Oyle-olive a spoonful, and put them all together into the same pan amongst the Rosin and Wax aforesaid, and boyle them all together until the some bein above, and when the some beginneth to waxe blacke, then take it off the fire, and lense it through a faire linnen cloth into a pan of water, then work it with your hands, and put it out as you doe Birdlime for the

space of a quarter of an houre, and now arme
then wet your hands in the water when they
cleave to the salve, and then make it into
roles.

To make Gratia Dei minor.

Take Betony, Vervaine, Pimpernel that
beareth the white flower, of each three hand-
fuls, and bray them, seeth them in white
Wine til it be halfe sodden, then poure out
the VVine thorow a cloth, and set it over the
fire; put thereto of Perrosin a pound, Mastice
a pound, Virgin VVax, and take VVoman
milke that nourisheth a Man-childe a quan-
tity, mingle them together boyling with
stirre til it be wel melted, then take it off the
fire, put in halfe a pound of Turpentine, stirre
it wel together til it be cold, then keep it
for yee need; it is good for all new VVounds
and Old, for the VVeb in the eye, it sufficeth
eth no dead flesh to remaine within the
VVound. Also for stinging of venemous
Beasts, and for all manner of Impostumes
and for all sores.

To make a Plaster that wil heale a Wound.

Take a pound of the juyce of Betony,
much of Plantain, the juyce of Smallage
much, *Bursa pastoris* as much, and four pound
of Wax and Perrosin, a quarter of a pound
of Incense; boyle all these together with the
juices of these foure herbs, til they be almo-
st

thick, and then put therein a quarter of a pound of Turpentine, Oyle-olive three pound, and so use it as a plaster at need.

A Mitbridate against Poysons and Pestilences, which for a truth was proved upon foure Irish Gentlemen, poysoned with Ratsbane, cast into a pan of Milk in France, who were so swolne that they were ready to burst.

Take of the rootes of Tormentile two drams, of all the kinde of Saunders, of every of them a dram, white Dittany new gathered, and dried, a dram, of the top of a Harts horne, or a Spitrack of precious Stone, the fragment of orient Pearle, *Bole armoniack*, *Aristolochia rotunda*, of each a dram, Penitroyal, Myrrhe, and Suet, of each two drams, *Terra Lemnia*, of the purest, two drams; the seeds of Cytrons and Saffron, of each a scruple, Unicorns horne, and Jacinths, of each halfe a dram, The liquor to make this Electuary is Rose-water, and the water of Borage flowers distilled; boyle your Sugar and waters to a perfection, and in the cooling, put in your powders searced, and so reserve it as a most precious treasure; it is also a present remedy to drive out the Measels, Shingles, smal Pox, the Plague pushes, and hath helped them whose sores were gone in, and

S 3

brought

brought them out againe, and recovered thee
Parties, and it defendeth from all venome.

*To make Pils against Poyson, of a mar-
vellous vertue, as hath been
proved.*

Take *Imperatrice, Bistorta, Tormentilla, Vae-
leriana, Dittamo, Bianco, Carlina, Gentiana, As-
tisclochia rotunda, Agarico, Electro, Sal gem,* co-
each a like quantity, beat them into fine pow-
der, then take the juyce of Garlick, and co-
Onions, as much as wil make it into paste.
Also put into the juyce one dram of Saffron
then let the said paste be mixt dry in the sha-
dow, and then beat it into powder againe
and mixe it with the fore-said juyce in goo-
force, and keep it in a vessel of Lead until
thou hast need, and when thou wilt use it
takethereof four drams, and make thereof pill
with *Siropo acetoso*, in good forme, the which
thou shalt give unto him that is poysoned
and in short time thou shalt see Miracles co-
this Medicine, for all the aforesaid Simple
are in manner alone sufficient to deliver one
that is poysoned; but being mixed toge-
ther, it worketh greater effect. These Pil-
are of as good experiment against Poyson
may be.

For a Man that hath drunk Poyson.

Take Betony and stamp it, and mingle
with

with water, and the poyson that the party hath drunk wil presently come forth againe.

Against the Plague, or Pestilence.

Take Matselon, Centory, VVorm-wood, Horehound; of each a good handful, and sleep them all night in a pot of Beere, and in the morning drink a draught thereof fasting. Also perfume your Chamber with Rosemary dryed, and Bay leaves, or Juniper, or Rose-water, and Cloves and *Olibanum*; it is very good to give Children in time of infection, Treacle, with water of Dragons, or Scabious, or let them chew Zedwall in their mouthes.

*To drive out the Plague if you think
one be infected.*

Take the roots of Dragons, and the roots of *Polipodium*, of the Oake, of each a like quantity, and dry them in an Oven, and beat them to powder, and if you think that you be infected, take as much of the powder as wil lye on a groat, and put it in a cup of Ale, and drink it next your heart, and it wil drive out the Plague, and preserve the Patient.

*A Powder to drinke to preserve one
from the Plague.*

Take Betony, Pimpernel, Cinkfoyle, Scabious, of each of all these a like quantity,
S 4 and

and dry them all, and beat them into fine powder, and where any infection of the Plague is, drink some of the powder in Ale warme next your heart, two mornings in weeke, and if the infection be great, drink it every morning, and by Gods grace it shall help you.

For them that are infected with the Plague.

Take a spoonful of running water, a spoonful of Vineger, a good quantity of Treacle to the bignesse of a Walnut, temper all these together and heat it luke-warm, and give it him to drink every twenty four hours.

Another for the same.

Take Scabious and stamp it with Swine greace, and lay it to the sore, and let it lye twenty foure houres unremoved, and it will take it cleane away, or else breake it, and let the Patient drink the juyce thereof, it is very good therefore.

For the Plague, a Medicine.

Take an Onion and cut out the core, and fill it full of Treacle of Jane, and roast it in the fire, and then take three spoonfuls of red Vineger, and six spoonfuls of juyce of Sorrel, and straine the Onion with the said juyce, and drink it warme, and it will help you.

Another for the same.

Take Treacle of Jane, and stirre it together

ther with Ginger and Cloves, and a little Saffron, and take thereof in the morning next to your heart.

For to kill Ring-worms, or Tetters.

Take unslacked Lime and Sope, and mixe them together, and lay it upon a parchment skin, no broader then the Ring-worme, and lay it thereto half an houre, until it take off the bark or skin, and then take the juyce of Orpine, and annoynt it til it be cold, and then heale it up with salve.

Also if yee take glasse, and make the same into fine powder, and afterward mingle it with black Sope, and annoynt the sore therewith, it wil heale the same.

*A very good Oyntment for Ring-Worms,
or Tetters.*

Take oyle of Roses two ounces, new Wax a foure penny weight, mingle your Oyle and Wax together, then take Litharge of Gold, and Ceruse, of each halfe an ounce, make your Litharge & Ceruse into fine powder, and mingle them in a brasen Morter with your Oyle and Wax; then take halfe an ounce of Quick-silver mortified, and the white of an Egge new laid, mingle them together, and put in your Quick-silver last, and use it evening and morning; and thus you shal mortifie your Quick-silver, put it into a viol of glasse,

glasse, and put fasting spittle to it, beat it up and down til it change colour like ashes, then put in your stuffe, and labour them well together, and afterward use thereof at your need.

For a Ring-worme, or Tetter.

Take foure ounces of Bores greace, and an ounce of Quicksilver, and kil it with fasting spittle, one ounce of Verdigreace, a dram of Camphire, a quantity of blacke Sope, and of Mustard, the juyce of Walnut leaves, and grinde them all together upon a Painters stone, and put it into a boxe, and therewith annoynt all the places where the Ring-worme or Tetter is, evening and morning til it be whole.

To kill a Ring-worme, or Tetter, in what place soever it be.

Take black Sope and Pepper, and mingle them together, and make a plaster thereof, and lay it to the grieve.

Also take the juyce of Hony-suckle leaves, and annoynt the place with a feather.

Also take the oyle of Scorpion, and annoynt the place where the grieve is, and it helpeth the same.

Also if you take the flower of Popel and Vineger, and oyle of Nuts, and annoynt the place with the same, it wil perfectly cure the Tetter, or Ring-worme.

A good Restorative to restore a mans Nature, and to help them that are weake and decayed.

Take and make Almond milke with the broth of Beefe Mary-bones, and of a Cocke that is wel boyled, then temper therewith yolkes of Egges, and good Bastard, then put them in the Almond milk, and make a Cawdel thereof with your Bastard, and cast blanch powder upon it, and you may put a little Rose-water upon it, for it wil be the better.

A Restorative of Rosa solis.

Take *Rosa solis*, but touch not the leaves in gathering, nor wash it not, take thereof four good handfuls, then take three pints of good *Aqua vitæ*, and put both into a glasse, or pot, of three or foure pints, and then stop it hard for three dayes and three nights, and the fourth day straine it through a cleane cloth into a glasse, or pewter pot, and put thereto halfe a pound of fine Suger beaten very fine, take foure ounces of fine Licoris beaten in powder, halfe a pound of sound Dates, the stones taken out, make them clean, and mince them smal, and put all these together in a glasse, or pewter pot, and stop it close that no aire goe out, and drink thereof at night halfe a spoonfvl with Ale, or Beere, but Ale is best, take as much in the morning fasting,

fasting, for there is not the weakest body in the world that wanteth Nature, or strength, or that is in a Consumption, but that it will restore him again, and make him to have a good appetite to his meat.

*For to restore the strength of a man
that is brought low.*

Take two or three Fennel roots, and as many Parsley roots, Ilope, Time, Savoury, Violet leaves, of each halfe a handful, and a Licoris stick bruised smal, a spoonful of Anniseeds, halfe a handful of great Raisins, with a handful of Barly; make your broth of all these, sodden in a pottle of water til it come to a quart, or lesse, and when your meat is very wel sodden stamp it; your flesh must be either a Cock Chicken, or a knuckle of Veale, and being so stamped very wel together, straine it, and keep it, and give the Patient thereof morning and evening often, and it wil restore him although hee be never so low brought.

*A Salve to heale all manner of Sores,
and especially for a fresh Wound.*

Take of Oyle-olive and Turpentine a like much, a pretty quantity of Rosemary leaves picked, boyle all these together, and in boyling put thereto a spoonful of faire water, and let them boyle together until the water be consumed as an Oyntment, and when

it

it is boyled, straine it hot and warme, and let it stand in a vessel of earth, and when ye shal occupy it, heat it over the fire, and against the fire dresse the sore, so that the fire may dry the Oyntment, and if need be, that there be no dead flesh, lay Lint in the Salve, and lay it hot against the sore; and if it need to be tented, then tent it with a tent of the same Oyntment hot, and lay upon the tent a plaster of hot cleaving Salve, and it wil cure any wound or sore.

*To make a Salve to bring Sores that ranckle
and ake into their owne kinde, and
cease the burning and aking.*

Take the juyce of Smallage and of Plantain, of each a like much, of Hony and the white of an Egge a like much, and put thereto flower of boulded Wheat, and stirre them wel together until it be thicke, and let it come neare no fire, but all cold and raw lay it to the sore, and it shal cleanse the wound, and cease the aking, and bring it to its kinde, and heale it faire; for this is a principal salve for sores.

*A Salve for a new Cut that will
not leave bleeding.*

Take the blades of unset Leekes, stamp them, and put thereto Hony and Wheat flower, and stir them wel together until they

be thick, and let it come neare no fire, but all cold lay it to the wound, and it wil stanch the bleeding, and it wil drive out the bruised blood, and make it cleane, and heale it.

A Salve for all Sores.

Take Oyle-olive a pint and a halfe, Turpentine as much, Rosen a quarter of a pound, unwrought Wax halfe a pound, of Sheepe tallow foure pound; then take two handfuls of Smallage, two handfuls of Buglee, two handfuls of Ragwort, two handfuls of Planten, two handfuls of Orpine, and cut all these herbs smal, and seeth them in the foresaid geare above written, and let it boyle softly over the fire, alwayes stirring it until it be wel mingled together, and when you think it wel, take it from the fire, and straine it thorow a strainer of Canvas, and so use it.

A Salve for a new hurt.

Take Wax and Sheeps suet, but not so much of the suet as Wax, and a little Rosen, and if you wil heale it shortly, put in but a very little Rosen, and set it over the fire together, and as it riseth stirre it, and then put therein a dish of water, and when it is cold make it in roules.

Another for the same.

Take the whitest Virgin wax that yee can get, and melt it in a pan, then put in a quan-

quantity of Butter and Hony, and seeth them together, and take a dish with faire water and straine it into the water, and worke it with your hands, and then make it into a round ball, and so you may keep it; and when you lay it to any sore you must first worke it in your hand, and then strike it on a cloth and lay it to; and this Medicine wil both heale and draw the same.

A Salve for Wounds, and all old Sores.

Take halfe a pound of Sarvese, and somewhat more; of Oyle-olive, which is Sallad Oyle, two ounces; of Vineger a pretty quantity, and boyle it til it be black, and make it up in roubles, and so at your need you may use it.

A very good Salve called Incarnative, to bring flesh.

Take the best Turpentine, and wash it in very faire water until it be very white, and then put out the water from it, and compound it with the yolke of an Egge or two, and put in the dust of Frankinsence and Saffron very fine beaten, and so worke them all together; and keep it to your use when you shall need it.

A notable healing Salve.

Take pure Wax, Rosen, Bole armoniack, sheeps suet, Deers suet, of each one pound, beat the Rosen and Armoniack into fine powder.

der, and searce it thorow a fine searcer, then take Turpentine halfe a pound, boyl all these together upon a soft fire, and stirre them well all the while that they seeth, but put not in the Turpentine until it be ready to take from the fire, for it must have but one walme, and so apply this Salve to any sore Wound, and it wil heale it in short time.

To make a drawing Salve.

Take Deers suet and melt it, and put in as much Oyle-olive, as Rosen and Wax boyle them together, then let it stand and put in some Turpentine, and so straine all thorow a linnen cloth, and keep it to your use.

Another for the same.

Take an ounce of Wax, two ounces of Sheeps suet, halfe an ounce of *Olibanum*, halfe an ounce of Rosen, two spoonfuls of Honey, two handfuls of young Dock leaves, and take and put them into three or foure old Dock leaves close wrapped together, and roast the young Docks therein, and when the Docks be roasted, put in your gums thereto.

A Salve for an old Sore.

Take as many Bramble leaves as when they are shred come to a quarter of a pound, also Sage, and Valerian, of each of them a quarter of a pound, also as much of Wax, and as much fresh Butter, halfe a pound of Rosen

the

then put them into a Skillet, and boyle them
all together a good space, and then straine it
thorow a faire cloth, and so keep the Salve
till that you have need thereof, and this
helpeth.

*The making of a Salve to cure Wounds that
be ranckled and bruised, and to cease the
swelling and aking.*

Take the juyce of Smallage, and the juyce
of pety Morrel, and the juyce of Plantain
leaves, of each a like much, then take
hony, and the white of an Egge, a like of
each of the same as of the juyce, and mingle
them all on the fire, and put thereto flower
of bolted Wheat, and stir them wel together
till it be somewhat thick, and then let it come
high no fire, but lay it to the Wound all cold,
and it wil clense the Wound, and cease the
aking and burning, and bring it in his
inde, and heale it faire for ever; and this
is a principal Salve for Sores and Wounds.
proved.

*To make a Salve that is a precious Oyntment
for Wounds and for Bruisings, but it
must be drunken in white Wine,
or stale Ale.*

Take of the herbe VValter, Robert, wilde
histles, Parsewort, Vervaine, Daisie, the
little

little Knapwort, Egrimony, Harts-tongue
 Horehound, Pimpernel, herbe Ivie, Sanigre
 Plantain, Medewort, Southerhwood, little
 Burnet, Mugwort, Tansie, the Holly Thistle
 Betony, Tormentile, Mouse-eare, Pelue
 Milfoyle, Ribwort, black Thistle, wilde
 Sage, crops of Hemp, crops of the red Bramm
 ble, crops of the red VVorts, *Mors diaboli*
 Groundswill, Scabious, Sage, Violet of the
 garden, Osmond waches of the mead, Fum
 tory, Dawk, Spinage, Strawberries, and the
 More Dayse, Mede, March, VVasts, cropp
 Peygel, VVoodrone, Croslet, Jermande
 Tutfan, VVoodbind, Pedelion, flowers
 Broome, Cinkfoyle, VVormwort, Scal
 wort, then take of Avence as much
 of all the other herbs, and then shred them
 and put them in a Morter, and stamp them
 smal, and put thereto three or foure pound
 of *May* butter cleane clarified and put to
 gether, and so let them stand seven dayes
 and then put it in a cleane pan, and set it
 ver the fire, and let it seeth softly, then straine
 it thorow a canvas cloth, and put thereto
 the juyce of Saffron, and stirre them wel
 gether, and let it stand forth til it be co
 then must the sick take thereof on this man
 ner; take of this Salve six penny-weight
 and put it in warme VVine or stale Ale, and
 let it melt on the fire, and let the sick
 drin

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drinke it first and last, and this healeth wounds wel.

For the Salt Humour.

Take halfe a pound of *Lignum vite*, and barks thereof, Anniseed, and Licoris, and boyle all these together, and halfe a pint of clarified Hony, and all kind of cold herbs, with Liverwort, and Harts-tongue, halfe a quarter of French Barly, and halfe a pound of Raisins of the Sun, pul out the stones of the Raisins, and boyle all these together very wel, and straine them, and it wil help that disease in the body.

Another of the same.

Take white Lead, Ceruse, Litharge of gold, and Litharge of silver, of each one ounce, Sulphur one ounce, mixe them together, and makethem in powder very smal; then take Oyle-olive one ounce and an halfe, Vineger, white VVine as much as needeth mix'd in due proportion.

For to heale any Sore, or Cut.

Take a little fine Flax, and a little Hoggs greace, and chop them together, and make a plaster of the same, and it wil heale it very wel and faire.

*An Oyniment for all manner of Sores,
and Cuts, and Swellings,
and Heat.*

Take Melilot, Egrimony, of each a like
T 2 much,

much, VVood Betony, VVormwood, and Smallage, a quantity of each of them, and gather them in *May*, and shred them, and bray them with as much butter waight four waight as the herbs all together, and then lay it in a corner six or seven dayes until it be hoary, and then take it and fry it, then straine it into an earthen pot, and when it is cold, make an hole in the side or bottome of the pot that the drosse may run out.

Another for the same.

Take a good quantity of Smallage, and Mallowes, and put thereto two pound of Bores greace, and a pound of Butter, and oyle of Neates-feet a quantity, and stamp them wel together, then fry them, and straine it in an earthen pot, and keep it to your use.

A Water to heale an old Sore.

Take a gallon of running water, and set it on the fire, and let it seeth; then take an ounce of green Coperis, two ounces of *Bor armoniack*, white Coperis the quantity of halfe a Nut, and grinde or beat them all to powder together into the said water, and let them seeth together a little while, then take it from the fire, and when it is cold put it in an earthen bottle and stop it fast, and then occupy it at your need.

*A soveraigne Water for all manner
of Sores.*

Take red Sage, Ilope, Rosemary, red Fennel, Daisies, *English* Saffron, Nep, Allom, of each a quantity, but most of Daisies, seeth them in running water, and wring it thorow a cloth, and so make a water; and this is good for all sores.

*An Oyntment to cleanse old stinking
Sores.*

Take the juyce of Celidon, the juyce of Plantain, Hony, and the yolk of an Egge, of each a like much, & Barly flower, mingle them together, and put as much Barly flower as shal make it thick like a plaster, and let it come neare no fire, and so lay it upon the Sore.

*A good Oyntment to cleanse a Sore,
both old or new.*

Take halfe a pound of Turpentine, and wash it wel in Barly water, the yolks of six Eggs new layed, Hony of Roses foure ounces, and for lack of hony of Roses take other Hony, Barly flower as much as shal be sufficient to make it thick like a plaster, and mingle them together, and let them not come neare any fire.

To skin the Flesh that is raw.

Take a quart of good Ale, and Allom, Hony, and Wood-bind leaves, and stamp the

leaves, and put the juyce to them, and seeth them til they come to a pint, and when it is cold, wet a gray paper in it, and lay it to the fore.

For all manner of Scabs.

Take *Enula campana*, red Docke rooters, Night-shade, VVood-bind leaves, and then cast in a piece of Allom, and put in *Vitriol Romana* rubrified, when it is cold, and wash the Scab therewith.

Another for the same.

Take white Oyntment, Brimstone, Quick silver, Verdigreace, and mingle them together, and therewith annoynt the fore scab.

Another for the same.

Take red Dock roots, Pimpernel, Scabious, Sorrel de bayes, Celandine, stamp them with *May* butter, and fry them wel together, and straine them thorow a cloth into a cleane vessel, and cast thereto a good quantity of Brimstone in powder, and stir it well together til it be cold, and therewith annoynt the sick til that he be all whole.

Another for the same.

Take the root of Horfehelme and seeth in water til it be nesh, and take old Sheep tallow and mingle them wel together in Morter, and doe it in a linnen cloth, and annoynt the fore by the fire.

Another for the same.

Take Celandine, and powder of Brimstone, and mingle them wel together, and it wil doe away the Scabs.

Another for the same.

Take Onions and mince them, and seeth them in water, or in vinegar, and wash therewith the Scabs, or Itching, and it shal doe it away, and heale it faire and smooth.

Another for the same.

Take the roots of *Enula campana*, and wash them cleane in faire water, and seeth them as you seeth Parsneps, and then make them cleane, and cut them in pieces, and stamp them smal with Colts greace, and annoynt the sore therewith.

A good Oyntment for the Scabs, and for Itching of the body.

Take foure ounces of Oyle de bay, and an ounce of Frankinsence, and two ounces of white Wax, and three ounces of Swines greace, and an ounce of Quick-silver that must be slacked with fasting spittle, an onnce of great Salt, as much of the one as of the other, and of all these make an Oyntment, and if the Scabs or Itch be upon all the whole body, as wel above the girdle as beneath, then when thou goest to bed wash both thy hands and thy feet with warme water, and supple them wel therein by the fire,

and after dry them with a linnen cloth ; then take up with thy fingers of that oyntment , and doe it on the palmes of thy hands, and on the soles of thy feet, and rub it wel together that it may drink in wel, and if it doe soke in wel, thou must put gloves on thy hands, and socks on thy feet, and thus doe every night when thou dost goe to bed, and if the Scab or Itch be above the girdle and not beneath, then annoynt but thy hands, and if the scab be beneath the girdle, then look that you annoynt the soles of thy feet, and if the scab or itch be in all thy body as wel above the girdle as beneath, then thou must annoynt both thy hands and thy feet, as thou sittest by the fire, and thou shalt be whole. This hath been proved.

*Another Oyntment for a man that
is Scabbed.*

Take five or six handfuls of Horehound, and seeth it in running water til it be halfe sodden away, and then wash the sick therewith as hot as he may suffer it, and then looke that you have this oyntment ready made of these herbs ; take the roote of the red Dockes, and the roor of Celidon, and then take Wormwood and *Alleluia*, of each a like much, and bray them wel together, and put thereto a good portion of *May* butter, and stamp them very wel together, and so let them

them stand seven dayes, and then fry it, and straine it as thou dost another oyntment, and therewith annoynt the sick when he is washed, and he shal be whole.

For the Shingles, a remedy.

Take Doves dung that is musty, and of Barly meale halfe a pound, and stamp them wel together, and put thereto halfe a pint of vineger, and mingle them together, and so lay it to the sore, cold, lay Cale leaves thereupon, and so let it lye three daies unremoved, and on the third day if need require, lay thereto a new plaster of the same, and at the most he shal be whole within three plasters.

Another for the same.

Take the blood of a Cats eare, or of the taile, and therewith annoynt the Shingles, and doe nothing else thereto. Also take Doves dung, and Barly meale, and stamp them together with Aysel, and lay it to the Shingles all cold.

For all manner of Sinews that are shrunken.

Take the head of a black Sheep, Camomel, Laurel leaves, Sage, of each a handful, and bray these herbs in a Morter, then boyl them al together in water til they be wel sodden, and let them stand til they be cold, then drain it thorow a strainer, and so use it.

*An Oyniment for shrunkē Sinews,
and Aches, severaigne.*

Take eight Swallowes ready to fly out of the Nest, drive away the breeders when you take them out, and let them not touch the earth, stamp them until the feathers cannot be perceived, put to it Lavender cotton, of the strings of Strawberries, the tops of Mother of Time, the tops of Rosemary, of each a handful, take all their weight of *May* butter, and a quart more, stamp all the feathers that nothing can be perceived in a stone Mortar, then make it up in balls, and put it into an earthen pot for eight dayes close stopped, that no aire take it, take it out, and on a soft fire as may be seeth it, so that it doe but simper, then straine it, and so reserve it to your use.

For Sinews that be broken in two.

Take Worms while they be knit, and look that they part not, and stamp them and lay them to the sore, and it wil knit the Sinews that be broken in two.

Another for the same

Take Archangel and cut it in smal gobets, and lay it to the sore, and take Milfoyl and stamp it, and lay it above it hard bound, and let it lye so three dayes, and at the three dayes end take it away, and wash it with Wine, and then make a new plaster of the same.

same, and at three dayes end put thereto another, and doe nothing else thereto.

Another for the same.

Take Peniroyal and bray it, and put salt enough to it, and temper it with Hony, make a plaster thereof, and lay it upon the Sinews that be stiff, and it wil make them to stretch. Proved.

An Oyle to stretch Sinews that be shrunk.

Take a quart of Neats-foot oyle, a pint of Neatsgall, halfe a pint of Rose-water, as much *Aqua vite*, then put all these together into a Brasse pan, then take a handful of Lavender cotton, as much of Bay leaves, a good quantity of Rosemary, a good quantity of Lavender Spike, of Strawberry leaves, the strings and all, then take thred and binde them all in severall bunches, and put them into the pan, or pot, and set them over the fire upon cleere coals, with the oyles all together, and so let them boyle a good while, and when it is boyled enough, it wil boyle but softly; then take it off the fire, and let it stand til it be almost cold, then straine it out into a wide-mouthed glasse bottle, or pewter pot, and stop it close, it wil not continue in a wooden thing; and where the Sinewes be shrunk, take of this being warmed, and annoynt the place therewith, and chafe it wel against the fire, and use this morning and evening.

evening, and keep the place warme, and by the grace of God you shal finde great ease.

For to stench the Blood.

Take *Bole armoniack*, and Turpentine, and make a plaster and lay to it, and it wil helpe the same. Also if you take the mosse of the Hasel tree, and cast it into the wound, it wil stench the blood forthwith; and the longer that it is gathered, the better it is. Also take a good peece of Martilmas beefe, out of the rooſe, and heat it on the coals, and as hot as may be suffered lay it to the place.

Another for the same.

Take a piece of leane salt Beefe, and let it be of that bignesse that it may fil the wound, and lay it in the fire in the hot ashes, til it be hot through, and being hot, thrust it into the wound, and binde it fast, and it shal quickly stench the bleeding.

Another for the same.

Take *Bursa pasteris*, stamp it, and lay it to the veine, and it wil quickly stench bleeding.

Another for the same.

Take the mosse that groweth about the root of the Ashe-tree, and hold it to the Nose and smel to it, and it wil stench the bleeding thereof.

*To stench Blood when a Master
veine is cut.*

Take raw Beefe that never had any salt
cast thereon, and lay it on a Gridiron over
fresh coals wel kindled, and lay the Beefe
thereon, stil turning the same til it be wel
broyled, and then lay it to the sore, and it
wil stench the blood; and for the Nose, if it
be put into a cloth, and smelt to, it helpeth.

To stench Blood.

Take an herbe that is called *Lunaba*, and
stamp it, and lay it to the wound; or take
the green leaves thereof, and lay them on
the wound, and it shal stench; and if a man
may not have this herbe, let him burne the
feathers of a Cocks neck, and take the ashes
of them and lay on the wound, and the blood
shal soon be stenchd,

*For swelling that cometh suddenly
in a mans Limbs.*

Take Haris-tongue, Cherfoyle, and cut
them smal, and then take dregs of Ale, and
VVheat bran, and Sheeps tallow melted, and
put all in a pot, and seeth them til that they
be thick, and then make a plaster, and lay it
to the swelling.

Another for the same.

Take faire water and salt, and stirre them
wel together, and therein wet a cloth, and
lay it to the swelling.

For to make one slender.
 Take Fennel, and seeth it in water, a very good quantity, and wring out the juyce thereof when it is sod, and drink it first and last, and it shal help the patient.

For to breake the Stone, a Medicine.
 Take halfe a handful of Pellitory of the wall, halfe a dozen Parsly rootes, halfe a handful of unset Time, a quantity of Penniroyal, and seeth all these in a pottle of Rhenish Wine, or white Wine, and let it seeth to a quart, or a pint, which you wil; then take a Nutmeg rosted or dry'd by the fire, and divide it in foure parts, and drinke the same warme after it is strained, as much at a time as you think good.

Another for the same.
 Take the roots of Parsley, Pellitory, and red Nettles, of each a like quantity, wash them cleane, and mince them smal, and lay them in white Wine twenty foure houres, and distil them together, and drink it with two pound of rootes put to a quart of white Wine.

For the Stone, a remedy.
 Take Raisins, unset Leekes, Saxifrage, Camphire, Avence, Beane-cods, distil each one by it selfe, and fine them in the Sun, and take of each a like much, and put thereto as much Malmse as of the waters, and distill them

them all together againe, and fine it in the Sun, and when the Patient is grieved, and at no time else let him drinke thereof three spoonfuls at a time, and that wil be sufficient enough at once, and heat it luke-warm, and put in a little powder of Givcs, and drink it, and lay him downe to sweat. Also take Saxifrage, and distil the same with water, and make thereof a sirrup, as though it were with Roses, and put thereto a quantity of Suger, and eat it, and it wil breake the Stone marvellously.

Another for the same.

Take a cake of Rye and bake it, then take Onions, and rost them very soft, then take your cake out of the Oven, and slit it asunder in the midst, the upper side from the weather, then take your Onions and pil them, and shred them upon the cake, and lay the one peece to the bottome of your belly, and the other part to the reines of your back, and it wil help you.

A very good Powder for the Stone.

Take Smallage seed, Lovage seed, Fennel seed, Saxifrage seed, Caraway seed, Gromel seed, Broom seed, Parsley seed, Philopendula, the root thereof dryed, Vervaine, and the kernels of Cherry-stones, of every of these a like much by weight, then beat them in a brazen mortar all to powder, and then let
the

the sick use of this in white Wine at evening
and morning, and also let him use of this
powder in his pottage, for it is very good
for the Stone.

*An excellent good Medicine for the
Stone, and to breake it.*

Take Alisander, Lovage, Smallage, Water-
cresses, and Gromel, of each a like much
and boyle them in a gallon of faire water
til the halfe thereof be wasted, and put there
to a good deale of Suger, or of Licoris, and
then straine it thorow a cloth, and put it
in a cleane vessel wel stopped, and let the sick
drink thereof morning and evening, and this
wil breake the Stone in the reines or blad-
der, and make it for to come forth with-
out faile.

Another for the same.

Take March seed, Anni-seed, and Comin
seed, Parsley-seed, and Fennel seed, and Wa-
ter-Cresses seed, or else powder made of this
herbe, then take all these seeds and put them
in good Vineger, and so let them stand two
dayes and a night, then dry these seeds in an
Oven, and then make them to powder in
brazen Morter, and let the sick use of this
powder in his pottage, and in his drink as
aforesaid, and this wil make a man to make
water wel.

A good Plaster proved for the Strangury.

Take Hollihocks, Violets, and Mercury, the leaves of these herbs, or the seeds of them, also the rinde of the Elder-tree, and Lady-wort, of each of these a handful, and beat them smal, and seeth them in water til halfe be consumed, then put thereto a little Oyle-olive, and all hot make thereof a plaster, and lay it to the sore and reines. And also in Summer you must make a drinke in this manner; take Saxifrage, and the leaves of Elder, five-leaved grasse, and seeth them in a pottle of stale Ale til the one halfe thereof be consumed, then straine it and keepe it cleane, and let the sick drinke thereof first in the morning, and last at night, and if you lack these herbs because of Winter, then take the roots of five-leaved Grasse and dry them, and make thereof powder, and then take Oyster-shels and burne them, and make powder of them, and mingle them together, and so let the sick use thereof in his pottage and drink, and it shal help him.

*A very good Medicine, shewing how to
make a powder for the Stone,
and Strangullion.*

Take black Bramble berries while they be
red, Ivie-berries, the inner pith of the Ashe
eyes, the stones of Eglantine berries cloven,
rubbed from the haire, Nut keyes, the roots

of *Philopendula*, of all these a like quantity, Acorne kernels, the stones of Sloes, of each a like quantity, dry all these in platters in an Oven, til they may be wel beaten to powder, then take Gromel seed, Saxifrage seed, Alifander seed, Coriander seed, Parsley seed, Comin seed, Fennel seed, Anniseed, of each of these a like quantity, as much as is before written, and dryed in like sort, then beat all these to fine powder, and take Licoris of the best you can get faire scraped, as much in quantity as of all the other, and beat it fine, and mingle it with the same powder, and so keep it close that no wind come at it, using it first and last with Posset-drinke made with white Wine, or strong Ale, and when you eate your pottage or other broth, put some in it if you be sore pained, and if you have any stone, it wil come away by shivers, and if it doe so, when you think that your water beginneth to clear againe, take this drinke following, and it wil clense your bladder, and it wil leave no corruption therein.

The Drinke.

Take Rosemary and wilde Time, and seeth them in running water, with as much Suger as wil make it sweet, from a quart to a pint, use the quantity of your herbs according to your discretion, so that it may sa-

vour wel of them, and so use it nine mornings, six or seven spoonfuls at a time.

For the Tisick, wel proved.

Take a handful of Fennel rootes, as much Parsley roots, as many Alisander roots, half a handful of Borage roots, and pul out the pith of all the said roots, then take halfe a handful of Penniroyal, as much of Violet leaves, and as much of Cinkfoyle, as much Succory, Endive, Hollihock leaves, Mallow leaves, and red garden Mints, of all these alike quantity, as of those next before, halfe a handful of Licoris sticks scraped, bruised, and beaten to fine powder, a gallon of faire running water, boyle therein all these simples, and boyle these seeds following with them; that is, three spoonfuls of Anniseeds, as much Fennel seed, as much Coriander seed and Comin seed, a good handful of Dandelion roots, and so boyle all these together from a gallon to a pottle, and let the Patient drinke thereof first and last, and it wil quickly help him.

Another for the same.

Take a quart of running water, with a handful of Ilope, two ounces of Anniseeds, as much Licoris beaten both together, halfe an ounce of Fennel seed, beat all these together very fine, with a quartern of white Sugar, and so boyle them all together to a pint,

and then straine them, and so let the party drink thereof first and last, and it wil doe him good.

Another for the same.

Take two ounces of Licoris scraped and bruised, of Figs three ounces, of Egrimony, Horehound, *Enula campana*, of each a handful, and boyle them all together in a gallon of water until the halfe be wasted, then straine the herbs from the juyce, and use it early and late, for this hath been proved.

Also for the dry Tislick, take and stamp Fennel roots, and drinke the juyce thereof with white Wine.

Another for the same.

Take Radish roots, make them cleane, and cut them thin, and cast them into an Oven and bake them, then beat them into powder so smal as you can, then drinke thereof every morning fasting, and at night when you goe to bed, and dip your meat in the same powder as you would doe in salt, and it wil give you very great ease shortly.

To make the Mother of Treacle.

Take a pint of Hony, put thereto the juyce of red Fennel, seeth it on the fire until it come to a pint, then take it off, and put thereto a penny-worth of Sinamon in powder, two rascs of Ginger, a Nutmeg, and a little Mace, and stirre them wel together, and

when

when it is cold put it into a boxe; and gather your Fennel in *May*.

Also to make Treacle for all manner of poyson, take one ounce of Betony in powder, foure ounces of Centory in powder, and two ounces of the powder of Rue, mingle these together, and temper them with clarified Hony, and keep it in a glasse.

The Golden Treat that healeth all bruises.

Take Colophony, Pitch, and Rosen, and two ounces of Oyle, three ounces of liquid Pitch, one ounce of Olibanum, *Auri unguenti*, Allom, of each two ounces, of VVine as much as sufficeth, and boyle all these together, and so reserve them to your use as you need, and it helpeth.

For to make a White Treat, called

Apostolicum.

Take Oyl-olive, Litharge of Lead, Gold and silver, stamp it, and searse it in the oyl thorow cloth, and stirre it til it be hard, and this is good Treat for to heale all manner of Wounds, be they new or old; this kind of treat hath often been proved good.

To make a Treat called Emanuel.

Take Vervaine, Betony, Pimpernel, Centory the more, *Gratia Dei*, of each one handful, herbe John, Avens, Celandine, *Acus musta*, aleluia, Plaintain, Spurge, Egrimony, of each one handful, beat all in a Morter, and

put them in a gallon of VVine, and boyle them in a pan til the third part be wasted; then straine it thorow a Canvas cloth, and set it over the fire, and put thereto of VVax foure ounces, of Pitch as much, Rosen as much, *Olibanum* two ounces, Mastick two ounces, Myrrhe two ounces, Aloes two ounces, Turpentine two ounces, Sheeps suet halfe a pound, beat them all into powder, and boyle them all together save the Turpentine, the which must be put in last of all, then straine the same thorow a cloth, and keep it til you have need thereof; and this is a speciall healer of all wounds and sores, bruises, and broken bones, and Apokumes that be broken; also it hath a special vertue to draw, cleanse, and re-engender good flesh; it healeth, and doth away all kinde of Aches whatsoever, all Cankers and Festers, it healeth Morimals, it passeth all other oynments: and if you wil have it soft, put thereto a quantity of oyle of Roses, so much as you thinke good. Proved.

*A good Intreat called the green Treat
of Jane.*

Take a pint of the juyce of Smallage, pint of the juyce of VVaybright, as much of Plantain, put them together in a vessel, and put to it a quarter of a pound of VVax, and as much of Frankinsence, or Rosen made in

to powder, make your VVax into smal peeces, and boyle them all together, and ever stirre them, and to know when it is boyled enough, drop a drop upon a Bason, and if there be any moysture in it when it is cold, then put to it a pound of Turpentine, then stirre them til they be wel mingled together, then straine it, and put into it a quart of white VVine, and let it stand while it bee cold, and so use it.

Another Intreat called Gratia Dei.

Take Wax, May butter, or other butter, without salt, of each one ounce, then take of Frankinsence two ounces, melt them together, and straine them, and this is the making of this Intreat, which is called *Gratia Dei*.

A good Intreat for Wounds.

Take Betony, Pimpernel, and Vervaine, of each a handful, boyle them in a pottle of very good white Wine until it be halfe consumed, then straine it thorow a coarse Canvas, then put the liquor over the fire againe, and in the boyling put to it halfe a pound of Rosen, a pound of Frankinsence in powder, and alwayes stirre it that the powder goe not to the bottome, and when it is taken from the fire, put to it halfe a pound of Turpentine, and a dram of Oyle of Spike, and stirre it til it be cold. Proved.

*A green Treat for a green Wound,
which is speciall good.*

Take Rosen made in fine powder four ounces, of Sheeps suet one ounce, halfe a pound of Turpentine, Wax, and Frankinsence, of each one ounce, Verdigreace ten pence waight, Oyle six ounces; beat your Frankinsence and Verdigreace, and put all your stoffe over the fire in a vessel, but your Turpentine and Verdigreace, let them boyle, ever stirring them til they be all relented, then take it from the fire and stirre it wel, and then put in your Turpentine, ever stirring it til it be relented; then put in your Verdigreace, and mixe it wel with the other, and straine it, and keep it to your use, and it will help you.

*The making of this Treat which will endure a
hundred yeare, and it is good for all
Aches in the Bones, and
for the Sinews.*

Take a pottle of Neat oyle, and fry it with Madocks as many as he may, for they be dry and hard, then wring out the oyle and doe them away; then put thereon two pound of Sheeps tallow that is new, and melt it, and halfe a pound of Wax, as much Rosen and Frankinsence, and breake them smal, and put them into the oyle for to be melted.

melted, then take fix handfuls of Hocks, and of Celandine foure handfuls, and foure handfuls of *Enula campana*, and of Plantaine eight handfuls, and of the root of *Enula campana* cleane picked two pound, and so bray them smal in a Morter, then put to these herbs and roots a pottle of good white Wine, and so let it stand a day and a night, then straine out the liquor, and put it into the oyle before you seeth them, and set it over the fire, and let it seeth the space of foure hours; then take it off the fire, and put it in a cleane bowle, and so let it stand til it be all cold, and then take it up and doe away the water and the slime, and if it bee too hard put in more oyle, and if it be too nesh, put thereto more Wax and Rosin, and of Frankinsence, and seeth it againe, then put it in boxes and keep it wel, for this is a precious Treat, or Oyntment, for all manner of ache in the bones.

The making of a Treat which is called Oxicrosium.

Take a quarter of a pound of Mede Wax, as much of pure Rosin, as much of blacke Pitch, as much of Saffron, an ounce and a halfe of Mastick, and halfe a quarter of a pound of Frankinsence, as much Myrrhe, and a quarter of a pound of Arpinake, halfe a quarter of a pound of Galbanum, as much
of

of Tormentile, then take all the gums and make them to smal powder, and breake thy Wax and *Galbanum* to smal pieces, then sett them in good vineger all night, and om the morrow set it over the fire, and let it seeth til that the vineger bee wasted somewhat; also straine it wel thorow a cleane cloth into a vessel with white Wine, or with water, and when it is cold take it up, and then hold it against the fire, but look that thou have thy Saffron ground, then hold it as thou wouldest hold Wax, and by little and little temper the Saffron therein, and mingle them wel against the fire til the Saffron be melted in the gums, but thou must annoynt thy hands with oyle of Laurel that it cleave not to thy hands, and doe it where thou wilt; and this Treat is good for all sores and bruises in any Limbe of a man, it destroyeth hard Impostumes, and it is good for broken bones, and for the Surgery of *Salerne*, who used this Medicine for smal wounds that were evil healed; and this will open a sore, and wil heale it wel and faire againe. Proved.

For to make Unguentum album.

Take a pint of Oyle-olive, and put there to halfe a quartern of Wax, and set it over the fire til the Wax be melted, but make it into smal peeces; then take halfe a pound of Ceruse,

Ceruse, and an ounce of Mastick, and an ounce of *Olibanum*, and a little Camphire, take and grinde all these smal, and cast it into the oyle, and stirre it wel together til it be high cold, then take the whites of four Eggs made into gleare, and put thereto a saucerful of Vineger, and stirre all this wel together and put it in boxes; and this oyntment is good for to annoynt all sores without the wound, but doe it not in the wound, for this is a good cold oyntment,

To make Unguentum album another way.

Take a pint of Oyle-olive, and halfe a pound of *Diaculum*, Anniseed a pretty quantity, and put them together, and put thereto a pound of Ceruse smal grounded, and then boyle them together a little, and stirre them alway til it be cold, & fac unguentum.

For to make unguentum populeon.

Take three or foure pound of Poppy-seed, and two or three pound of herbe VValter, one pound of Henbane, and one pound of pety Morrel, and one pound of Orpine, and one pound of Sengreen, and one pound of Endive, one pound of Plantaine, and one pound of VVater-creffes, one pound of Mandrake, and one pound of Penniwort; take all these and stamp them in a Morter, and doe thereto three or foure pound of Barrowes greace molten,

molten, and binde them wel together, and then set them in an earthen pot, wel closed, in a moyst place, and so let it stand nine dayes, and on the tenth day set them on the fire, and put thereto a quart of white VVine, and let them seeth wel together, and then wring them thorow a strainer by little and little till it be cold, and when it is cold doe it in boxes, and this oyntment is good for many sores.

For to make Unguentum Ægyptiacum.

Take a farthing worth of Hony, a spoonful and a halfe of Vineger, of green Coperise a smal quantity, a piece of Allom, and if you wil make it easily, put thereunto Ale, or else VVomans milk, and this Oyntment is good for all sores and wounds both new and old.

*For to make Unguentum ruptorum
a corsie.*

Take *Cantharides* and make it into powder, and as much of unslacked Lime, and of black Sope as of all the other, and make all these in manner of a plaster, and lay it to the sore as broad as thou wilt have it broken, and no broader.

For to make Unguentum versilinum.

Take an ounce of Litharge, halfe a pound of Mastick, halfe a pound of Ceruse, an ounce of Camphire, halfe an ounce of the stone called

alled Calamint, and make these to smal powder, and doe thereto halfe a pound of mede VVax smal broken, and then put thereto a pint of the juyce of Emerose, and put all this in a pan, and set it over the fire, and let them seeth til they be molten, and alway stirre it, and then take it from the fire, and let it stand til it be cold; this Oyntment is good for a man that is scalded on his Yard with fire, or on his body, or visage, or on any Limbe of a man, and for all scalding; and this is good for wounds, and for many other privie maladies, and this is a precious yntment.

For to make Unguentum deleroficum.

Take a pound and a halfe of purified Hony, and a quarter of a pound of Verdigreace made smal to powder, and a good saucer-ful of Vineger, cast all this together into a pan, and boyle it wel together til it become ed, and alway stirre it wel, and then beware, for it wil have many colours, for it wil be ed; then put it in boxes and it wil be hard, and afterward it wil relent againe, and then doe thereof into the rotten wound, and annoynt the sore therewith, and it wil doe away dead flesh and other corruption; and this is a good oyntment for to cleanse, and for to make the flesh grow.

For to make Unguentum Geneste.

Take two pound of the flowers of Broom
a pound of the flowers of Woodwaxe, and
pound of Oxesslips, and bray them in a Mortar, and put thereto three pound of M
butter, and mingle them wel together, and
so let them stand for three dayes and three
nights, and then put it in a pan, and fry
wel on the fire, and then wring it thorow
cloth, and put it in a boxe; this oyntment
is good for all cold Gouts, and for other cold
evils.

For to make Unguentum Penetium.

Take a gallon pot ful of black Snailles gathered in the dew, in the Moneth of May, and doe them in a linnen bagge, and when yee have the Snailles, look that yee have ready then a pound of the powder of Comin, and another pound of Dil, and mingle these powders amongst the Snailles, and harrow them up, and set under a cleane vessel, and keep wel the oyle that cometh of them, and then take the oyle, and seeth it on a soft fire, and doe therein a quarter of a pound of the marrow of a Horse legge, and seeth it with the oyle, and then put it in a glasse, and with that oyntment annoynt any man or woman that is so troubled with the Gout, and he shall be whole by Gods grace.

A good Oyntment for to heale Wounds.

Take Avence, Bugle, Pigle, and Savigle, Smallage, and herbe Robert, Vervaine, and herbe Walter, Weybred, and Ribwort, Daisies, and Hollihocks, *Ligni Serpentine*, red Cale, and the crops of Brier, of every one of these a pound, or at the least halfe a pound; then take these herbs and stamp them smal in a Morter, then take *May* butter two pound, and two pound of Barrowes greace, and stamp them wel together, and then put these in an earthen pot, and let them so stand for nine dayes, and on the tenth day put them in a pan, and seeth them in the fire, and let it seeth easily a good while, and then wring them by little and little thorow a strainer, and then take it, and put it into the pan againe with a quart of white Wine, and halfe a pound of mede Vax, and a pound of Sheeps tallow, and a quarter of a pound of Frankinsence, and a quarter of a pound of purified Hony, cast all these together into the pan, and then set them over the fire, and seeth them wel together a good while, and then set it downe, and let it coole, and then put it in boxes, and this is speedy oyntment to heal all manner of sores, and wounds, be they never so great. This hath been proved.

*If thou wilt heale Wounds well and cleane with the
 drinke of Balls, then take of these herbs
 to make thy Balls.*

Take a pound of Pigel, and a quarter off
 pound of Savigel, and halfe a pound of Bug-
 gle, a quarter of a pound of Tormentile, halfe
 a pound of Avens, a quarter of a pound of
 Mouseare, a quarter of a pound of Centorrie,
 a quarter of a pound of Rue, a quarter of
 pound of Ivie, a quarter of a pound of wilde
 Sage, and halfe a pound of Daisies, a pound
 of herb Robert, a pound of herb Walter, and
 a quarter of a pound of herb John, a quarter
 of a pound of Egrimony, as much of Violet
 as much of Strawberries, and halfe a pound
 of Ribwort, and halfe a pound of VVeybreed
 and a quarter of a pound of great Daylies
 and halfe a pound of Spignel, and halfe a
 pound of Betony, a quarter of a pound of
 Hemp, and as much of red Bryer crops, and
 as much of the black Bryer crops, half a quar-
 tern of red Nettles, and half a quarter of the
 red Cale, and a quarter of Vervaine, and
 as much of Birnet, and as much of Scabious
 take all these herbs and shred them smal, and
 then put them in a Morter, and grinde
 them all to flower as thou wouldest doe Ver-
 vaine, then mingle of Madder the waight of
 all these other herbs, and grinde it with the
 herbs, and then let them rot together for five
 dayes

Dayes, and five nights, and then make thereof smal balls as bigge as a Walnut, and dry them in thin platters, covered one over the other, and set them in the Sun, so that there come no ayre thereto by no way, and who so hath a great wound, then take one of these bals, and crumble it into a quart of white Wine, or of stale Ale, and let him drinke hereof each day first a little quantity, and wash his Wound three times on the day with white Wine, and if that you have no white Wine, then take the juyce of Avence, and let no other oyntment come at the Wound, but the juyce of Avence, and therewith wet well the Wound all about, and thus thou mayest heale and salve every old Wound, be it never so horrible and festered; and if there be in the Wound any dead flesh, thou must doe thereon the powder of Sanditer, or of burnt Allom, for that wil fret away dead flesh, and these balls wil heale the Wounds.

*For to open a Wound that is closed
too soone.*

Take the leaves of the white Plum-tree, and the milke of a Goat, and stamp them together, and make a plaster thereof, and lay it to the sore, and it wil open it wel, and it wil doe away the rankling.

Also take Centory, and stamp it, and lay

it thereto, and it wil open any VVound faire and wel.

Also *Galbanum* is good for to clense a VVound, and for to keep it open.

To heale a Wound.

Take Turpentine, as much as you think will serve your turne, and put it into a dish with cleane water, then take a stick and make it fine at one end, and with that beat and turne your Turpentine in the water til it be very white, then put the water cleane from it, and put to it halfe as much yolkes of Eggs as is of the Turpentine, and mingle them wel together, and administer it when you need; put not this in your treane box, for it wil foke thorow; yee may keep it in a bladder.

For a Wound in the Head, a good

Mundificative.

Take Hony of Roses two ounces, oyle of Roses an ounce, mingle them together, and put it warme into the VVound, with Lint and a plaster upon it; it is a good Mundificative.

For the Ache in a Wound.

Take the roots of Briony, and pare the outer side, and beat them in a Morter, and in faire running water, and straine it, and warme it, and lay it hot to the Wound or Ache, as the party may suffer it; first wash the wound faire, and then lay it to the wound.

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To make a water for a Cut, or Wound,

Take a pottle of faire running water, and seeth it on the fire, and let it seeth a while, then take two penny-worth of white Cope-ris, as much of *Bale armoniacke*, and foure penny-worth of Camphire, and beat them all together to powder, and put them all together into the water, and let them seeth a little while, and then take it off the fire, and when it is cold put it into a Glasse, drosse and all; and when it is to be occupied pour out into a Saucer a little of the clearest water, and none of the bottome or drosse, and set it upon the coals, and wash the Wound as hot as he may suffer it, and then take a little linnen cloth, and double it three or foure times double, and wet it in the water, and lay it to the wound as hot as the Patient may suffer the same, and binde it fast.

For a Cut, or Wound.

Take a gallon of running water, and put thereto a pint of Hony, and a quarter of a pound of Roch-allom beaten to very fine powder, and let them seeth together, and scum them cleane, and put thereto a handful of Wood-binde leaves, a handful of Sage leaves, and a handful of Selandine, and seeth them all together til the halfe be consumed, then take it from the fire, and straine it thorow a Canvas cloth into another cleane

vessel, and then put thereto a penny-worth of Graines, and let them seeth a while together, and then put it in a faire Glasse when it is cold; this is a principal Medicine.

For to heale Wounds, and knit and heale broken Bones.

Take Betony, Bugle, Savigle, Pimpernell, Milfoyle, Strawberry leaves, Orpine, Sage, Mouseare, Emerose, Tanfie, Southernwood, herbe Robert, herbe Walter, Egrimony, Plantaine, Solcircle, Avence, Madder, Daisies, Camphire, Osmond, the crops of red Colewort, the crops of the red Bryer, the red Nettles crops, of the crops of Hemp, take of each alike much save of the Madder by waight, then take these herbs and stamp them smal, and take May butter made of raw Creame, Ewe milke, with dew-water of May; and if thou can get no Ewe milke, take the butter of Cow milke of the yellowest colour that can be found, for it is faire better then the white, and take a quart of Butter, halfe a quartern of Mede VVax, and melt the Butter and the VVax together, and when they be molten let the Butter and VVax runne thorow a cloth, for then is the Butter clarified from the VVax, and keep the Butter and the Wax asunder, or else it wil never doe so wel, and then let thy Butter coole, and when it is cold then take and put thereto

three

three pound of thy herbs, and half a pound of Butter, and put them in a Morter, and stamp them smal, til you can see nothing of the Butter, and then put it in a new earthen pot, and close it fast that no ayre come forth, and when all is in the pot, make it sure that no VVorms may get in, nor that no ayre (as I said before) get out ; then set it in a moyst place, and so let it stand for nine dayes at the least, and then it wil be hoare above ; then take it out of the pot, and doe it in a faire pan, and set it on the fire, and fry them wel together, and stirre it wel, and when it is hot enough, take it from the fire and wring it thorow a cloth, and let it stand til it be cold, then kerne it, then let out the water, and then put it into the pan and melt it againe ; then put it up in boxes, and keep the same to your use.

*Also to make an Oyntment sanative
for Wounds.*

Take of the same herbs before expressed, and worke them as thou didst the Salve ; but whereas thou tookest Butter to thy Salve, take faire Barrowes greace and melt it, and when it is cold put it to thy Oyntment ; and whereas thou tookest to thy Salve Madder, put thereto Camomile, and put thy herbes thereto ; take to that oyntment of Avence as much in waight as of all the other herbs be-

fore named, and then shal this oyntment be according to the salve, the one to worke within, and the other to worke without for this salve and oyntment are cheefest accounted of among Phisitians for all wounds, both to clense and to heale very faire and perfectly, and to knit broken bones surely.

To heale all old Wounds.

Take Plantaine water distilled, and put halfe a pint thereof to an ounce of *Mercurius sublimatum*, and so stirre them very wel together, until it be dissolved in the Plantaine water, and then wash the sore or wound wel therewith, and after wet a cloth in the same water, and cover it cleane over the sore or wound, and use this once every day until it be whole, and doe so from day to day.

*A red water for Sores and Wounds,
either old or new.*

Take a pottle of running water, a peck of ashes of Ashe wood that is old, and a pottle of Tan-juice that Leather never came into, and a pound of Mather, a pound of Allom, and beat them all to fine powder, and put it into your Tan-juice nine dayes, and then when you have so done, take a pottle of this one and a pottle of the other, and put there to ten ounces of green Coperis, and one ounce of Ginger beaten all into fine powde, and put them all together, and so seeth them to a

quart.

quart, then take them off and straine them, and put them in a faire vessel, and pour out the thin from the thick, and lay a wet cloth thereon, and lay it to the wound, or sore, either old or new, and wash them wel therewith.

*A Water Imperiall for all Wounds
and Cankers.*

Take a handful of red Sage leaves, and a handful of Selandine, as much of VVoodbine leaves, take a gallon of Conduit water, and put the herbs in it, and let them boyle to a pottle, and then straine the herbs thorow a strainer, and take the liquor and set it over the fire againe, and take a pint of *English* Hony, a good handful of Roch-allom, as much of white Coperis fine beaten, a pennyworth of graines bruised, and then let them boyle all together three or foure walmes over the fire, and let the scum as it riseth be wel taken off with a feather, and when it is cold put the same into an earthen pot, or bottle, so that it may be kept close from ayre; and for a green Wound take of the thinnest, and for an old VVound of the thickest, cover the sore rather with Veale, or Mutton; scum them with Dock leaves, when that you have dressed them with this afore-
said water.

To make water Imperiall another way.

Take a handful of Dragon, of Scabious, of Endive, a handful of Pimpernel, a handful of VVorm-wood, of Rue a handful, a handful of Tansie, as much of Fetherfue, as much of Daisie leaves, as much of Cowslips, as much of Maiden-haire, as much of Cinkfoyll, as much Dandelion, as much Time, as much Bawme, of each of these herbs a handful, as I said before; then take of Treacle a pound, of *Bole armoniack* foure ounces, and when you have all these herbs together, you must take and shred them a little, but not too small; then take the Treacle and the *Bole armoniack*, and mingle them and the herbs together, then put them in a Stillatory and distil them, and it is made.

A very good remedy to take away Warts.

For to take away Warts, take the seed of Briony with the leaves, burne them and make ashes of them, and mingle the ashes with the juyce of the same herbe like an oyntment, and annoynt your Warts often, and they wil fall away. The dung of an Eagle if it be often rubbed upon the Warts, doth likewise doe away the same very quickly.

Another for the same.

Take the juyce of herb Wart-wort, and annoynt any Wart or Ring-worm therewith, and it helpeth.

Ano-

Another of the same.

Take Elder berries and stamp them, then wring out the juyce, and with the same use once or twice a day to annoynt the V Varts, and it wil quickly doe them cleane away. This experiment hath been proved.

For to dee away a Wenne.

Take and binde fast the Wenne, then take Verdigreace, Sulphur, Sope, oyle of Egges, Allom and Hony, and temper them together, and lay it thereto, and it shal doe away the VVen, and also heale it wel and clean within three or foure times dressing.

Another for the same.

Take a quantity of unslackt Lime, and mixe the same very wel with as much black Sope, and annoynt any VVen therewith, and the VVen wil fall away; and when the root is come out, annoynt the place with oyle of Balme, and it wil perfectly heale the same.

How to help one that is blasted.

Take the white of a Hennes Egg, and put it in a brazen Morter, then put thereto a quarter of an ounce of Coperis, and grinde them wel together til it be come to an oyntment, with which annoynt the sore face, and it wil ease the peine, and take away the swelling; and when it is wel nigh whole, annoynt the place with a little Populion, and that

and that wil make the skinne faire and wel againe.

*An excellent remedy to help
the Rhume.*

Rab the leafe of a Marigold between your fingers, and put the same into your Nose, and let it stay there a little while, and it wil bring forth abundance of humours out of the head, it wil help the Rhume within a little while, if you use it. This hath been proved.

Another for the same.

Take a little stick, and tye about the end thereof old Oaken leaves, then cut them something round, and hold the same leaves in your month, as deep and as farre as you can suffer the same, holding the stick between your teeth; in this manner hold your mouth over a dish or porrenger, and there wil great abundance of humours avoyd out of your mouth; but within a while wash in faire water the leaves on the stick, and then hold them in your mouth againe. Doe thus for the space of an hour, and use it three or foure times a day, three or foure dayes together, or until you have avoyded so much watry humours as you think good. This is the best and presentest remedy for the Rhume that ever was heard of, and he that proves it shal finde it an excellent help.

*A soveraigne Water against Melancholy,
and drink to comfort the Stomack.*

Take a pound of *Aqua vite*, and put thereto a quart of Red-Rose water, put into it as much Licoris sliced and scraped as you may hold in both your hands, but if it be *English* Licoris you may take lesse, put thereto as much Anniseed as you think will be sufficient to make it taste wel thereof; stew all these with a soft fire, wel covered in an earthen pot, that the aire doe not goe out to your judgement, til that a pint thereof be consumed; let it not boyle in any case, but stew softly; this done, take it from the fire, and let it stand and coole, and when it is cold drain it from the seed and Licoris, and put it into a wicker glasse, or bottle, but bruise it, that your water may be as clear as you can, and when need requireth occupy it:

*To make artificiall Oyle of Balme for
Wounds.*

Take Balme, Rue, Fetherfue, Sowthistle, Nettles, Briony leaves, Bramble leaves, Sage leaves; Cinkfoyle, of each of all these a handful; take all these simples and lay them in Oyle olive all night, and take the water that cometh of a Vine stalk, and black Snails, gum Arabeck, gum Hedere, of each of these one ounce; you must take the seed of the Ashe-tree, and beat the seeds and the gums
very

very fine together; afterward you must put the oyle and the herbs into the Stil, and throw thereupon a quarter of a pound of the oyle of Roses, and two ounces of *Aqua vite*, and so distil it with a soft fire, but you must distil it at the least twice or thrice. This oyle wil heale all wounds very soon,

*A green Balme to incarnate Wounds,
and to dry up filthy Ulcers.*

Take of fine *Aqua vite*, Venice Turpentine, oyle of Roses, of every of them a pint, boyle them with a soft fire of coals, and after a walme or two put in the Verdigreace made in fine powder, an ounce and a halfe, and boyl it to a good perfect subsistence, and so use it to your sore wounds and filthy ulcers, and it shal help them very shortly.

To make artificiall Balme.

Take of gum Elemnie six ounces, Aloes, Myrrhe, Castore, Opoponax, of each two ounces, *Storax calamite*, *Olibanum*, Mastick, Caca-bre, of each foure ounces, Gumme *Bdelii*, gum of the Fig-tree, of each two ounces and a halfe, make every one of them in powder by themselves that wil be powdered. Take of the spices of *Lignum aloes* three ounces, *Zilobalsami*, *Carpobalsami*, Spicknard, Cloves, Cinamon, *Calamus aromatici*, nux *Aromatici*, Nutmegs, Galingal, Setwel, Graines, *Cardamum*, both of the great and smal, *Cucubes*,
rootes

roots of *Cipres*, *Muscacastaline*, which is the
 Cods of the Musk, of each two ounces, *Rew-*
ponticon two drams, flowers of *Rosemary*
 two ounces, *Janiper* berries, *Enula campana*,
 of each dried an ounce, *Bay* berries halfe an
 ounce, beat all together in grosse powders,
 then take of the seed of *Fennel*, *Parsley*, *Tan-*
sie, *Carrer*, *Coriander*, and *Caroway* seed, of
 each one ounce; *Wormwood*, *Sage* dried,
Basil, *Rosemary*, *Marjerum*, *Penniroyal*,
Mints, *Stecados*, *Egrimony*, a like quantity
 of each; then take *Figgs* of *Algarie*, *Dates*,
 the stones taken away, *Raisins* of the *Sun*,
Almonds, of each foure ounces; then take
 oyle of *Turpentine* two pints, oyle of *Ma-*
slick, oyle *Bennet*, oyle of *Castore*, oyle of
Tarter, oyle of *Dil*, oyle of *Exceter*, of each
 halfe a pint, oyle of *Spike*, oyle of *Nard*, of
 each foure ounces, pure *Aqua composita* the
 waight of all the former stufte; and first boyl
 them in the bodies of two *Limbecks* of glasse
 fast luted, with the crownes of their covers
 downward in *Balneo marie*, that is, a Caldron
 of water, a day and a night; then take off
 their caps and set them aright, and distil it
 with an easie fire in these two *Limbecks*, all
 your stufte being divided into even portions,
 as before; lute them strongly, and distil them
 with a soft fire, six houres, then in the rest
 increase your fire by little and little til the
 water

water be passed, then shal you see white oyle, and last of all yellow oyle, keep every one off them by themselves; the fourth is in the bottome, keep that as an excellent remedy for all wounds; it helpeth suddainly, without suffering the wound to putrifie or cast matter, but confoundeth it, and helpeth it straight.

The vertue of this Balme.

It is most excellent for Gouts, Palsies, Cramps, Wounds, akings, sinewes cut, hurt, or shrunk, the Falling-sicknesse, Apoplexie, the turning of the Braine, the biting of Dogs, or any other venemous things, for the Timpany, to annoynt the belly, and the first water is good for all wounds, and all rotten and filthy Ulcers, as hath been proved.

The Receipt of the water of Health,

by G. K.

Take Red-Rose flowers, Camomel flowers, Lavender flowers, Buglosse flowers, Ilope flowers, Rosemary flowers, Sage flowers, Stecados flowers, Balme flowers, Time, and wilde Time, Penniroyal, Marjoram, winter Savoury, Pimpernel, St. Johns wort, *Philepndula*, Eye-bright, Horehound, Dittany, Betony, Scabious, Tormentil, Plantaine, Avence, Maiden-haire, Mints, Rue, Saxifrage, Harts-tongue, Enfras, Brasil, Conepithy, Piony, Juniper berries, Bay leaves, or berries,

take of all these flowers a main handful if they can be gotten, if not, then take three gallons of mighty strong Ale, or three gallons of Gascoigne wine, then take these spices, Anniseed two pound, Licoris two pound, Fennel seed two ounces, Cinamon two ounces, Caraway seed two ounces, Galingal two ounces, Setwel two ounces, *Angelica* two ounces, *Cyprus* two ounces, Ginger, Nutmegs, of each an ounce, *Enula campana* one ounce, *Calamus aromaticus* one ounce, *Ireos* one ounce, *Lignum aloes* two ounces, Cloves one ounce, Cucubes one ounce, Graines one ounce, long Pepper one ounce, Spignard one ounce, Mace one ounce, *Amis amoniam* one ounce, Sugar halfe a pound, Alkenet two ounces, *Olibanum*, Mastick, Basil seed, Marjerum seed, of all these halfe an ounce, and doe by the drawing of this water of Health in all respects, as by your *Aqua composita*, your flowers and herbs must be dried, and shred on a Chopping-board, a good handful of each at least, and your Anniseed must be wel beaten and dusted, and your Licoris must be scraped cleane, and sliced, and then all the rest of your other Spices and seeds must be beaten fine in a brasen Morter each to his quantity. Also you may put hereto three graines of civit Musk, for it wil make it to drinke the more pleasanter,

and for divers infirmities this water is good, as to breake wind in the belly, for them that cannot relish or digest their meats, and for divers other cold causes; this water wil make a man to live long, and to keep and preserve a man long in health, and to make a man too look young againe.

For to make pety Balme.

Take fine neat oyle a pint, and put it in a cleane pan, and seeth it wel over the fire, then put thy hands in cold water and let it drop thereon, and it wil creame, and when it leaveth creaming put it to the fire againe, and let it seeth wel, and doe so three or four times with your hands, then take halfe an ounce of Mastick, as much of Frankinsence, as much of Rosen, a quarter of an ounce of Verdigreace; make all these into powder by themselves, then put them into the oyle, and let them seeth wel together, and stirre it well and scum it cleane, then let it coole, then put it in a pewter vessel, and this is a good Balme.

*For to make Aqua vite perfectissima,
per G. K.*

Take the roote of Saxifrage, Parsley, Alexander, Fennel, Time, Ilope, Penniroyal, Rosemary, Lavender, Primrose, Mints, Rue, Betony, Savine, Sage, Avence, Calamint, of each of these herbs halfe a quartern, then
takee

Take Galingall, Pepper, long Pepper, Cloves,
nutmegs, of each of these one ounce, of Ca-
mel, Mace, Cucubes, of each of these two oun-
ces, Setwel, Pellitory of Spain, *Lignum aloes*,
of each half an ounce, stamp thy Herbs, and
powder thy Spices, and doe them in a gallon
of good red Wine, and mingle thy Herbs and
spices together in the Wine, and let them
stand all a night in sleep, and on the morrow
stil them into a Limbeck; this Water hath
many faire vertues, and it comforteth Man or
Woman, and keepeth them from all Maladies
that be cold.

Also it is hot at the first distilling, and at
the third distilling it helpeth Man or Woman
in their kindly heats.

Also it comforteth a cold Stomack, and de-
stroyeth both scab and scall.

Also it healeth all old Sores if it be kindly
used, it is good for the deafness of the Eares,
putting a little thereof into thy ear; it
giveth away the stinking of the breath.

Also it is good for the Falling-evil, and for
the pallsie in the Tongue, for that pallsie ma-
keth a man suddenly dumb.

Also it healeth the pallsie of other Members
that trembleth.

Also for biting or stinging of Scorpions, or
adders, or other venemous Beasts, for no ve-
neme can come near unto it.

Also it is good for the tooth-ache of cold Rhume, and for a cold Feaver, being drunk before the axis; it is good for to wash the Emerods, and old Sores, called *Noli me tangere*, and for the *Colica passio*, and who drinketh it for the vanity of the head; it alleahealeth the Sauce-flegm in the face.

Also it purgeth the Stomack of all corruptions, tis good for the Stone, & for all Gouts; destroyeth the gnawing within the belly, and suffereth no wind to breed in mans body.

To make Aquavite for cold causes.

Take good Gascoigne wine, and distil it in a Glasse, or Serpentine, and that water that burneth do it by it selfe, and if it be moist it wil be of more vertue.

Also take of Ginger, Canel, Mace, Cucumbers, Nutmegs, Grains, long Pepper, of each of these three ounces, and bray them in a Morter, and searce them, and put these powders into the water that burneth, and distill it oft, and so reserve it to your use morning and evening, first and last, and this is called the most Sovereign Water, and is mighty against all manner of cold causes, that ingendred within Man or Woman, and this will help you for divers infirmities that are within man: this hath been proved often.

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A soverain Water used by Doctor Stephens Physician, with the which he did many great Cures, and a little before his death he declared the same to the Arch-Bishop of Canterbury, and now to the benefit and commodity of all people that be well disposed.

Take two gallons of good Gascoigne Wine, or Clarret Wine that is good, or else two gallons of mighty strong Ale, and of every of these Spices a dram; take of Ginger, Galingal, Cinamon, or Canel, Nutmegs, Graines, Cloves, Anniseeds, Fennel-seed, Caraway-seeds, *Calamus aromaticus*, *Cucubus*, *Ireos*, Maces; Spicknard, *Enula campana*, *Canepitibis*, of each of these a good handful, Juniper berries one ounce, and of every one of these herbs following a handful, Sage, red Roses, red Mints, Garden Time, wilde Time, Pellitory, Camomel, Lavender, Wormwood, Betony, Plantain, Ribwort, Bayes, red July-flowers, wilde Marjerum, Rosemary, Organum, Rue, the flowers of Stecados, Peniroyall, Hilwort, Avence, Cowslip leaves, Primrose leaves, the flowers of Serebby Grasse, Strawberry leaves, Tutson, beat all these Spices, and stamp all these Herbs, and put them in the liquor aforesaid, and put a little Musk therein, and let it stand twelve hours infused.

and stir it oftentimes, then still this water in a Limbeck close stoppt, that no aire come out of the pot, and with a small fire keep about it that it come not too fast forth, and keep the first water by it selfe, for that is best. Also the second pint by it selfe, for that is also good, but not as the first is. Also you shal receive a third pint of that water of these three gallons, but your ounce of Alkenet must bee for the two last waters to colour it red with all, which must be in the receiver with some Sugar, and some Cinnamon, and you may keep this water these seven years, and it will be in his full strength and operation.

The receipt of the Water called Aqua Mirabilis & pretiosa, made by Doctor Willowby Physician.

Take of Galingall, Cloves, Maces, Cucumbers, Ginger, Cardomomum, Nutmegs, Mililot, Saffron, four ounces, and beat all these into powder, Egrimony water the quantity of a dram and somewhat more; then take of the juyce of Selondine, and a pint of Master George Kebels water of the best, and the first put of the same water being wel mingled in a stillatory of glasse, and let it be stopped well and close, and so let it stand for the space of four and twenty hours, and then distil them with a soft fire for the space of a Natural day.

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The vertue of this Water aforesaid.

This water is of secret nature, it is exceeding good for the stomack, it dissolveth the Lungs without any grievance, and the same Lungs being wounded and putrified, it mightily helpeth them, and comforteth them, and it suffereth not the body to putrifie.

Also he shal never need to be let blood, and this water suffereth not the body to be burnt with Chollor, nor yet with Melancholly, nor flegme to be lift up, and have dominion above water, and this water mightily expelleth the rhume, and profiteth much the stomack, it ingendreth good colour, and keepeth and conserveth the visage and memory.

Also it is good for the Palsie, if the said water be given to Man or Woman labouring towards death one spoonful, it relenteth them : of all waters Artificial there is no better.

Also use in Summer once a week a spoonful of this Water fasting, and in Winter time two spoonfuls ; it is good for Women that have the Green-sicknesse, and for divers other causes : per Doctorem Willobie.

The receit of Cinamon.

Take Rhenish Wine a quart, or Spanissh Wine a pint, Rose-water a pint and a halfe, Cinamon bruised a pound and a halfe, let these stand infused the space of four and

twenty hours, then distil it, and being close stopped and luted, then with a soft fire distill the same softly in a Limbeck of glasse, and receive the first water by it selfe.

Also if yee be so disposed to make the same water weaker, take three pints of Rose-water, and a pint and a half of Rhenish wine,, and so distil the same, and you shal have too the quality of the stufte the quantity of the water, which is three pints; but the first is the best, and so reserve it to your use morning and evening.

To make Cinamon Water another way.

Take three quarts of Muskadel, and a pound of Cinamon, and halfe a pint of good Rose-water, and so let them lye infused the space of four and twenty hours, and distill it as aforesaid, and you shal receive to the quantity as to the quality, but the first pint is the best, and the chiefeft of all the other, as is manifest by practise.

Aqua composita for a Surfeit.

Take Rosemary, Fennel, Ilope, Time, Sage, Horehound, of each of these a handfull, Penniroyal, Mints, Marjerum, of each six crops, a root of *Enula campana*, of Licoris, Anniseed bruised, of each two ounces, put all these to three gallons of mighty strong Ale and put it into a brasie pot over an easie fire and set the Limbeck upon it, and stop it close

wit

with Dow or PASTE that no aire doe goe out, and to keep it stilling with a soft fire, and so preserve it to your use as need requireth.

To make Water of Life.

Take Balme leaves and stalks, Burnet leaves and flowers a handful, of Rosemary, Tormentil leaves and roots, *Rosa solis* a handful, red Roses a handful, Carnations a handful, Ilope a handful, a handful of Time, red strings that grow upon Savoury a handful, red Fennel leaves and roots a handful, red Mints a handful; put all these herbs into a pot of earth glased, and put thereto as much white Wine as wil cover the herbs, and let them soke therein eight or nine dayes; then take an ounce of Cinamon, as much of Ginger, as much of Nutmegs, Cloves, and Saffron a like quantity, of Aniseeds a pound, great Raisins a pound, Suger a pound, halfe a pound of Dates, the hinder part of an old Cony, a good fleshy running Capon, the flesh and sinews of a legge of Mutton, four young Pidgeons, a dozen of Larks, the yolks of twelve Eggs, a loaf of white Bread cut in sippets, Muskadel or Bastard three gallons, or as much in quantity as sufficeth to distil all these things at once in a Limbeck, and put thereto of *Mithridatum* two or three ounces, or else as much perfect Treacle, and distil it with a moderate fire, and keep the

first water by it selfe, and the second water alone also, and when there cometh no more water with sirings, take away the Limbeck, and put into the pot more Wine upon the same stuffe, and stil it againe, and you shall have another good water, and shal so remain good. In the first ingredience of this water you must keep a double glasse warily, for it is a restorative of all principal members, and defendeth against all pestilentiall Diseases, as against the Palsie, Dropisie, Spleen, yellow or black Jaundise, for Worms in the belly, and for all Agues be they hot or cold, and all manner of swellings and pestilential sorrows in man, or Melancholly and flegmatick, and it strengtheneth and comforteth all the spirits and strings of the Brain, as the Heart, the Milt, the Liver, and the Stomack, by taking thereof two or three spoonfals at one time by it selfe, or with Ale, Wine, or Beere, and by putting a pretty quantity of Suger therein. Also it helpeth digestion, and doth break wind, and stoppeth Laske, and bindeth not; and it mightily helpeth and easeth Man or Woman of the paine of the heart burning, and for to quicken the Memory of man; take of this water three spoonfals a day in the morning, and another after he goeth to dinner, and the third last at night.

The Electuary of Life.

And if a man be sick at the stomack, or in the belly, or at the heart, or in the head, or were bitten with any venemous evil Beast, or poysoned, and a man were by the way travelling, or in the house, and he had all these Sickneses, so that he had with him this Electuary that is made of five things to eat thereof, or drink thereof in water three or four spoonfuls, he should by Gods help be quickly whole, so that he use it for fifteen dayes fasting; and when he goeth to bed, least he should not be whole of all his Sickneses in the body, and if he drink the oftner in a day the better, and these be the five things to make this Electuary with, *Scorlogio, Morre, Gentiana, Granderer, and Jalaeur*, as much of the one as of the other, and stamp them, and straine them, and mingle them with Hony that hath been wel boyled on the fire and scummed clean; and this is the making of this Electuary, and then as need requireth you may use it: Proved.

A good Powder called the Powder of Life.

Take the seed of Smallage, and the bones of a Mouse, and the root of Turmentile, the root of Cinkfoyle, and the root of *Philopendula*, the seed of Gromwel, and the seed of Saxifrage, the seed of Alisanders, and the

seed of Sowthistle, of each of these seeds alike much, and then take Licoris and Galin-gal, Canel, and Ginger, of each a like much; then bray them in a Morter, and mingle them together and use thereof, then put thereto a quantity of Avence, of Saffron, and a quantity of Maces, and this is the making of this powder for all manner of sicknesse in mans body, or in the womb; or if a man be overcome by the way, it wil destroy all manner of Poyson and Venome, and the Dropfie, and Palsie, and also the wallowing about a mans Heart.

*A Receipt for the Gout, for a Consumption, for the Stone, for Convulsion fits, for the Scurvie, for a Timpany, and for a Dropfie,
&c.*

Take four Ale quarts of Rock-water, and a pound and halfe of unslacked Lime, new out of the Keel, and let it stand eight hours, then scum it, and straine it, and let it stand all night, then scum it and strain it againe, then put in six ounces of Licoris sliced thin and scraped, one ounce of Aniseeds, and one ounce of sweet Fennel-seeds, bruise it small, and put it in a Bagge, and put it into the VVater, and two ounces of Saxi-

Saxifrage, and let it stand twenty four hours,
and then drink of it halfe a pint in the mor-
ning, and at four a clock in the after-noon,
let it be a little warme when you drinke it,
and when you have almost drunk the water
you may put as much water to the Lime a-
gaine, and the other ingredients will serve
for it againe.

FINIS.

*The 21. Day of march too I win
and of the clock it was
close I go to some more in
boy of too on a fallor day*

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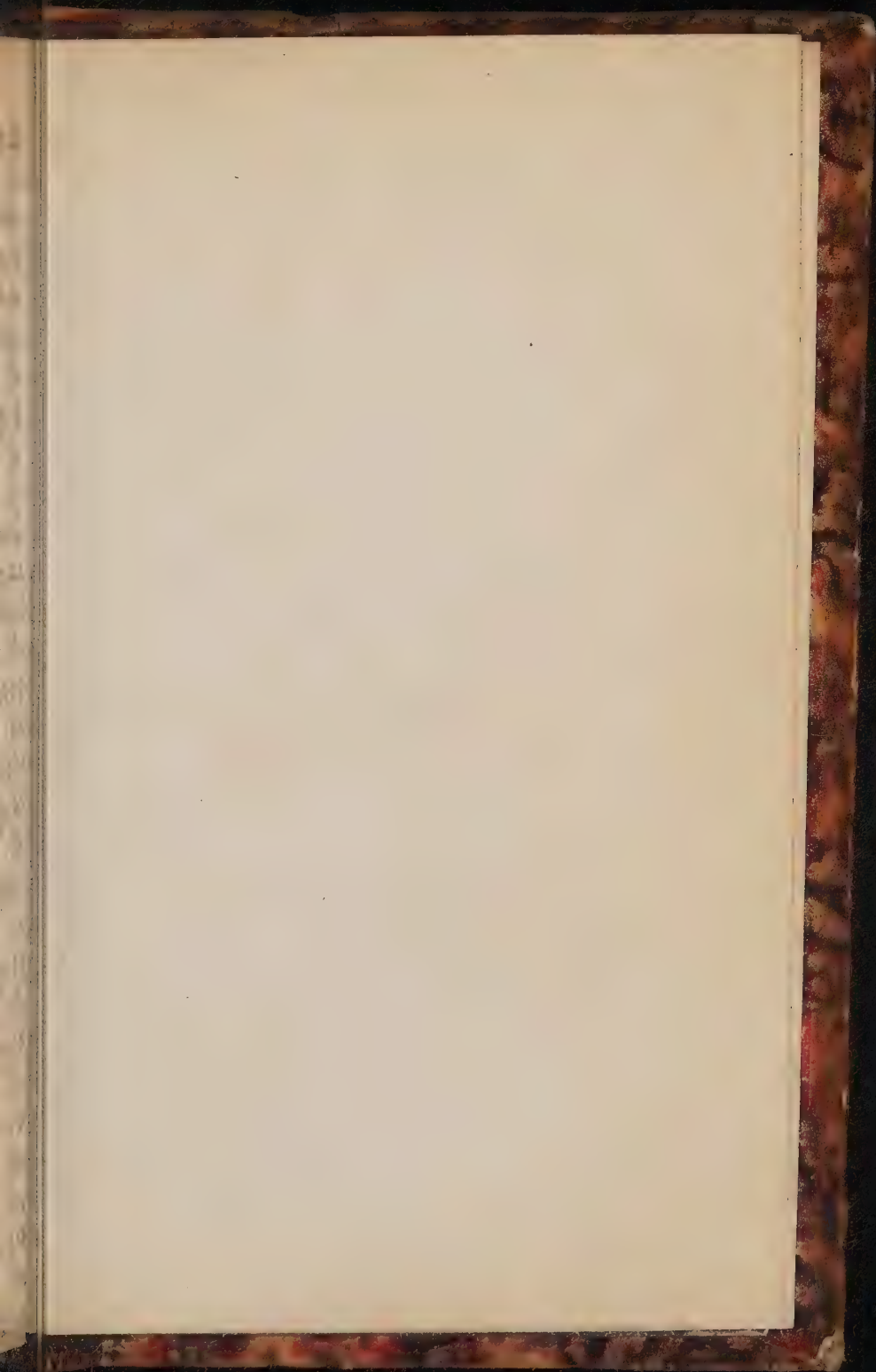
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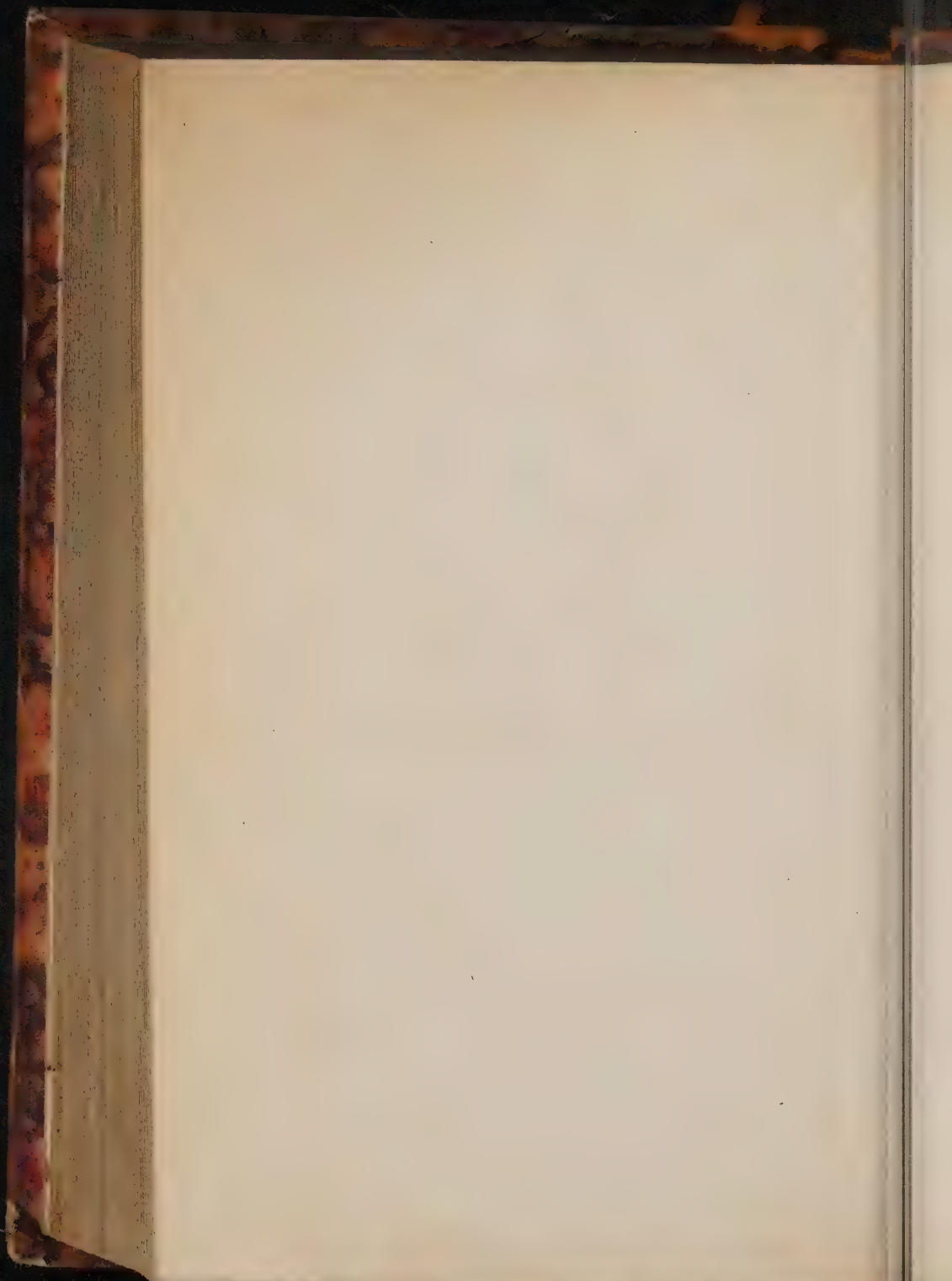
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